BEST FOR ON DEMAND & SKY

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25-31 JULY 2026

TV&Streaming week

NEW

The Rapture

The heat is on for **Ruth Madeley** in a high-stakes thriller

NEW

GOMORRAH: THE ORIGINS

The early days of Mob boss Pietro in a stunning prequel

NEW

BENIDORM IS MURDER

John Hannah solves crime in sunny Spain

HotList This week's 28

Saturday 25

Commonwealth Games

***BASKETBALL** BBC Alba, TNT Sports & HBO Max*

The second day of action in Glasgow will include England men's 3x3 basketball team starting the defence of their title. *See Sport Week, page 28*

Lurker

***THRILLER** Sky Premiere, 6.15pm*

Writer-producer Alex Russell (*Beef*, *The Bear*) makes his directorial debut with this thriller about a young man who becomes dangerously obsessed with an up-and-coming singer. *See review, p23*

Anthony Joshua v Kristian Prenga

***BOXING** DAZN PPV, coverage from 8pm*

AJ's comeback fight is this clash against Albanian knockout artist Prenga. Victory for Joshua (above) will pave the way for his scheduled blockbuster with Tyson Fury.

Ghosts Australia

***COMEDY** BBC3, 10.30pm, 10.55pm & 11.20pm (box set, BBC iPlayer)*

The BBC sitcom gets an Aussie makeover, with ghosts including an English naval officer, a biker and an aerobics instructor from the 1980s. *See feature, page 11*

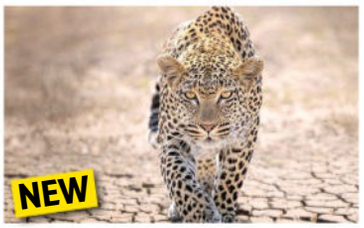
Full listings start on **p35**

Sunday 26

Eleanor the Great

***COMEDY DRAMA** Sky Premiere, 6am & 2pm*

June Squibb (above) stars as 94-year-old Eleanor, who starts telling the Holocaust stories of her late best friend, which leads to misunderstanding. *See review, page 25*



Force of Nature

***NATURE** ITV1, 7pm (box set, ITVX)*

Three years in the making, this stunning series looks at how wildlife fights to survive increasingly volatile weather, from hurricanes and flash floods to droughts and bushfires. *See Documentaries, p20*

The Rapture

***THRILLER** BBC1, 9pm (box set, iPlayer)*

Forensic psychologist Gabs (Ruth Madeley) meets 17-year-old convicted killer Bethany (India Amarteifio), who insists she is innocent – but can she be trusted? Continues tomorrow. *See feature, p4*

The Idaho Murders

***DOCUMENTARY** Sky Crime, 9pm & 10pm (box set, Sky Box Sets & NOW)*

Two-part true-crime documentary about the murders of four Idaho students at their off-campus home. Killer Bryan Kohberger was sentenced to life in prison.

Full listings start on **p45**

Monday 27

Furious

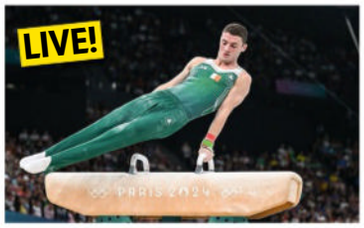
***THRILLER** Disney+*

FBI agent Alice Black (Emmy Rossum) becomes consumed with predicting the next moves of a female serial killer who is targeting men in this psychological thriller. *See Your Watchlist, page 14*

Turbulence

***THRILLER** Prime Video*

An unexpected extra guest on a married couple's hot-air-balloon ride turns the experience into a tense fight for survival in this high-altitude thriller starring Jeremy Irvine and Olga Kurylenko.



Commonwealth Games

***GYMNASTICS** BBC Alba, TNT Sports & HBO Max*

Northern Ireland gymnast and favourite Rhys McClenaghan (above) is set to compete in the pommel-horse final. *See Sport Week, page 28*

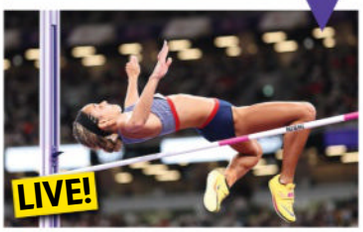
House of the Dragon

***FANTASY DRAMA** Sky Atlantic, 9pm, & HBO Max*

Having played a part in her stepbrother Jace's death, Rhaena Targaryen (Phoebe Campbell, above) is worried that Queen Rhaenyra will learn the truth. *See feature, p7*

Full listings start on **p55**

Tuesday 28



Commonwealth Games

***ATHLETICS** BBC Alba, TNT Sports & HBO Max*

Two-time Commonwealth heptathlon champion Katarina Johnson-Thompson (above) starts the defence of her title at Scotstoun Stadium today. *See Sport Week, page 28*

Best Medicine

***COMEDY DRAMA** Sky One, 8pm*

Martin Clunes, star of the original *Doc Martin*, guests in tonight's episode as the estranged father of Dr Martin Best (Josh Charles), who arrives unannounced to sell the family home. *See feature, page 12*

Gomorrah: The Origins

***DRAMA** Sky Atlantic, 9pm & 10.05pm (box set, Sky Box Sets & NOW)*

This prequel turns the clock back to Naples in 1977 when young Pietro (Luca Lubrano) talks himself into a dangerous criminal world. *See feature, page 6*

The Vampire Lestat

***FANTASY DRAMA** BBC2, 9pm (box set, BBC iPlayer)*

Following the publication of *Interview with the Vampire*, we find vampire Lestat de Lioncourt (Sam Reid, above) reinventing himself as a rock god in this third series.

Full listings start on **p65**

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best shows

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Wednesday 29

The Devil Wears Prada 2

COMEDY DRAMA *Disney+*

Oscar-winning actor Meryl Streep usually avoids sequels – but, here, she returns alongside her 2006 co-stars Anne Hathaway, Stanley Tucci and Emily Blunt. *See review, page 23*

The Devil's Mouth

THRILLER *Prime Video*

Gavin Casalegno, Lana Condor and Kathryn Newton star in this horror about a group of friends who are trapped in a labyrinth of caves in a storm – and they are not the only ones... *See Your Watchlist, p16*

Commonwealth Games

SWIMMING *BBC Alba, TNT Sports & HBO Max*

The final day in the pool will hopefully mean multiple medals for the home nations, with events including the men's 200m freestyle final. Scotland's Duncan Scott (above) won last time. *See Sport Week, page 28*

Extraordinary Extensions

FACTUAL *C4, 8pm*

As rapper and property developer Tinie Tempah (above) returns for another run of his renovation show, he meets a couple hoping to transform their Edwardian house into an art-deco dream.

Full listings start on p75

Thursday 30

Commonwealth Games

CYCLING *BBC Alba, TNT Sports & HBO Max*

Today's highlights include the women's cycling team sprint final and the para-cycling men's tandem B 1,000m time-trial final that could feature Scotland's Neil Fachie. *See Sport Week, page 28*

Who Do You Think You Are?

DOCUMENTARY *BBC 1, 9pm*

In tonight's episode, Dame Harriet Walter (above) is surprised to learn more about her mother's contribution to the war effort. *See Documentaries, page 21*

Benidorm Is Murder

CRIME DRAMA *5, 9pm*

John Hannah (above, centre) stars in this whodunnit as Dennis, an ex-detective who runs a bar in Benidorm and finds himself caught up in the suspicious death of a tribute-band member. *See feature, p8*

The Hunting Party

CRIME DRAMA *U&Alibi, 9pm*

Melissa Roxburgh (above) returns as ex-FBI profiler Bex Henderson, who's fighting to have the team reinstated so they can track down the 'Boogeyman' killer (guest star Eric McCormack). *See feature, p12*

Full listings start on p85

Friday 31

Giant

DRAMA *Prime Video*

This sports drama stars Pierce Brosnan as Irish boxing trainer Brendan Ingle, with Amir El-Masry playing a young man from Sheffield who would eventually become 'Prince' Naseem Hamed. *See Your Watchlist, p16*

Silo

SCI-FI *Apple TV*

This week sees Silo 18's new head of IT, Camille (Alexandria Riley, above), become determined to exterminate Juliette, who she is convinced is the enemy. But is she right? *See Your Watchlist, page 17*

There's No Place like Home, Snoopy

ANIMATION *Apple TV*

In this brand-new episode, Snoopy is distraught when his doghouse is accidentally sold during a yard sale, so he and Charlie Brown set out to get it back.

Elgar at the Proms

MUSIC *BBC4, 7pm*

The BBC Proms continues with this tribute to composer Edward Elgar (above), whose best-known work *Pomp and Circumstance* is a traditional showstopper on the last night of the music festival.

Full listings start on p95

Welcome to this week's issue of *TV&Streaming Week*. We have a great selection of brilliant shows for you, kicking off with BBC1's *The Rapture* (Sun & Mon), a tense thriller with Ruth Madeley. I'm excited about *Benidorm Is Murder* (Thu, 5), a cosy crime drama set in sunny Spain and starring John Hannah. What's not to like?

Plus, *Gomorrah: The Origins* (Tue, Sky Atlantic) arrives on a TV screen near you. This prequel to the fan-favourite series, set in the 1970s, tells the story of Pietro Savastano's rise to Mob boss.

And *Ghosts Australia* comes to BBC3 this Saturday. It's spook-tastic!

Enjoy your TV week.

Claire Ruck, Editor-in-Chief

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Ruth Madeley and India Amarteifio star in BBC1's new psychological thriller *The Rapture*

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Burning secrets

Ruth Madeley plays a forensic psychologist in a gripping new thriller set during a heatwave

Dick needs help from Gabs

NEW THRILLER

The Rapture

Sunday & Monday, 9pm, BBC1 (box set, BBC iPlayer)

It's a rainy October morning when *TV&Streaming Week* arrives on location at Dragon Studios outside Cardiff, where BBC1's psychological thriller *The Rapture* is being filmed.

The five-part story, adapted from the bestselling novel by Liz Jensen, centres on forensic psychologist Dr Gabs Fox (*Years and Years* and *Doctor Who*'s Ruth Madeley) and her teenage patient, Bethany Krall (*The Midwich Cuckoos*' India Amarteifio), who has been convicted of brutally murdering her mother in a crime that shocked the nation.

Is Bethany guilty?

Gabs is left with a compelling and chilling case to unravel when Bethany, who has always maintained she is innocent, claims that she has psychic powers and can predict impending disasters, which she communicates through disturbing sketches of storms, fires and floods.

As Gabs attempts to seek a clinical explanation for Bethany's behaviour, will she also find out if her patient is innocent or a manipulative killer?

During a break in filming, we sat down with Madeley, 38, and Amarteifio, 24, to find out more...

What can you tell us about your characters?

Madeley This is such a juicy acting role. Gabs is very strong, incredibly smart and a bit of a loose cannon. She has recently moved to Wales and begun working at a high-security psychiatric hospital, where Bethany is a patient.

Amarteifio Bethany is multifaceted and it's been a lot of fun to play someone who is perceived as an evil villain. I enjoy psychological thrillers and I knew that this was a role I could sink my teeth into. Bethany has been imprisoned for the murder of her mother but she's always maintained her innocence. She is also bestowed with powers to predict the future, which she expresses by drawing pictures.

Ruth, your character is a wheelchair user following a traumatic car accident. What can you tell us about that?

Madeley As well as having to cope with very complex patients, she is dealing with her own trauma and grief. Her husband was killed in the crash and Gabs, who was driving, was left with life-changing injuries. We see her having sessions with her therapist, Mel, who is played by Ruth Jones. Meeting Ruth was a complete fan-girl moment for me. She is brilliant and if she ever fancies a career change, I would love her to be my real therapist!

Did you do any research for your roles?

Madeley I met a clinical psychologist who told me about her job and also logistical and physical details like how you would respond if things turned violent. I also spoke to people from the disabled community who have acquired their disability later in life because I was born with mine, which is very different [Madeley was diagnosed with spina bifida as a baby and is a wheelchair user]. I wanted to be able to portray Gabs' disability experience authentically on screen.

Amarteifio I spoke to doctors, a child psychiatrist and people who work in juvenile detention centres to get an idea of their routines. It was really helpful and gave me a lot of context. I also read the novel, although I'd say this adaptation is very different from the book.

How did you find the experience of filming in Wales?

Amarteifio I loved being in Wales. I stayed in a farm in Cowbridge, outside Cardiff, for the duration of the shoot and was surrounded by cows and horses. After a day of death and chaos for work, it was great to go back to peace, tranquillity and animals.

Madeley *The Rapture* is set in the future amid climate catastrophe with 40-degree heat, which adds another suffocating layer to the story. But we had some very cold and wet days. I'm floored by how hot and sunny we've managed to make it look on screen!

WORDS: TESS LAMACRAFT PHOTOS: BBC, ADOBE STOCK

WHO'S WHO

Dr Gabs Fox
Ruth Madeley

The grieving forensic psychologist is intrigued by patient Bethany, but will her work lead her into danger?

Bethany Krall
India Amarteifio

The teenager claims she is not guilty of murdering her mother, and she is determined to find the real killer.

Leonard Krall
Sam Hazeldine

Bethany's estranged father is the charismatic leader of a religious cult with millions of online followers.

Mel Thomas
Ruth Jones

The therapist is treating Gabs for past traumas including the car crash that left her disabled and killed her husband.

Frasier Melville
Jack Farthing

The geologist works in renewable energy and forms a romantic connection with Gabs.

Dick Carwyn
Iwan Rheon

The journalist enlists Gabs to do some digging into Bethany's mysterious past – what will he learn?

A **gritty prequel** reveals the origins of *Gomorrah* crime boss Pietro Savastano in 1970s Naples

Making of a MOBSTER

NEW DRAMA

Gomorrah: The Origins

Tue, 9pm & 10.05pm, Sky Atlantic (box set, Sky Box Sets & NOW)

With its bloody betrayals and volatile alliances, gritty Italian saga *Gomorrah* delved deep inside the machinations of the Camorra – the Naples-based crime organisation – and focused initially on Pietro Savastano (Fortunato Cerlino), the ill-fated head of the Savastano clan.

But how did Pietro emerge as the formidable patriarch of the ruthless mobsters? Inspired by Roberto Saviano's bestselling book, this six-part, coming-of-age prequel tells his story.

It begins in 1977, when a 15-year-old, poverty-stricken Pietro (Luca Lubrano) is being raised in a run-down farmhouse on Naples' fringes, in Secondigliano. Surviving on odd jobs and petty thefts, Pietro and his friends long to be like the captivating, mysterious 'king' of the neighbourhood, Angelo 'A Sirena (Francesco Pellegrino).

Pietro spies a way in by offering up crucial intel regarding a robbery at Angelo's gambling den. But when the ambitious teen's loyalty earns him a spot within the gang, he begins to wonder if he's cut out for this life when he witnesses first-hand how Angelo walks a deadly tightrope between the Villas crime family and the city's most powerful cigarette smuggler.

'In this Naples neighbourhood, one in seven children are dying from malnutrition and poor sanitary conditions. We have street kids and barefoot boys in the mud, the cholera outbreak of 1973, cigarette smuggling, gambling dens, prostitutes and the underworld of a local gangster,' says Marco D'Amore, who directs four episodes and who also played ruthless mobster Ciro Di Marzio in the original series.

PLANNING A FUTURE

'Secondigliano is a long stretch of commerce and trafficking where a small bourgeoisie mingles with the struggling people. On one side, there are building expansions; on the other, countryside and ruins. There stands Pietro, with his friends and their dreams and growing anger. Between those dilapidated houses and stray dogs, hope thrives among the poor, and the desire to become someone like Angelo.'

Elsewhere, convict 'O Paisano (Flavio Furno) is behind bars, but recruiting a legion of followers with help from his sister on the outside, Anna (Veronica D'Elia). Meanwhile, teenage musician Imma Ajeta (Tullia Venezia), who's from the wealthier side of the neighbourhood, dreams of attending a school in New York, but then she meets Pietro.

The drama also follows the cunning heir to the Villas family, Michele Villa, AKA 'O Santo (Renato Russo), as well as Imma's friend, Annalisa Magliocca (Fabiola Balestriere) – who later becomes Scianel but is now a young mother with a much older, and very violent, husband.

'All our actors are proof that Naples is an inexhaustible source of talent,' says D'Amore. 'We've discovered some talents who –

WORDS: DAVID HOLLINGSWORTH. REBECCA MAHONEY. PHOTOS: HBO MAX, SKY, ADOBE STOCK

Pietro (left) and his pals

and I say this as a protagonist of the original – are even better than we were.'

The series was shot on location in and around Naples, with the production team re-creating Pietro's farmhouse, Angelo's gambling den and 'O Paisano's prison. They also went to great lengths to revive the specific Neapolitan dialects of the 1970s.

'It's a completely different Neapolitan from the contemporary one,' explains D'Amore. 'We worked on sayings, sounds and inflections inherited from our fathers and grandfathers. Language is reality, and we're telling a different one from the series you've already seen.'

Fortunato Cerlino as Pietro in the original series

Rhaena (Phoebe Campbell)

Guilty conscience

Rhaena Targaryen wonders if she can ever find forgiveness

FANTASY DRAMA

House of the Dragon

From Monday 27 July, HBO Max (ep 6 of 8; released weekly); & Monday, 9pm, Sky Atlantic

Rhaena Targaryen is consumed by self-loathing following her unwitting part in the death of stepbrother Prince Jacaerys Velaryon, the eldest son of Queen Rhaenyra, at the Battle of the Gullet.

Having finally achieved her lifelong ambition of claiming a dragon, Rhaena eagerly flew into combat on Sheepstealer, only to lose control of the wild beast, sparking a chain of events that forced Jace into the sea, where he was killed by a volley of arrows.

Ripped apart by guilt, Rhaena fled the scene, but the awful consequences of her actions have cascaded throughout Season 3 of the epic fantasy drama.

'It's triggered a huge shame spiral about who she is, what her worth is, and what she's done,' explains 28-year-old Phoebe Campbell, who plays Rhaena. 'Her ego wanted a dragon – and that has affected people in a vast way.'

Rhaena's biggest fear is a vengeful Rhaenyra (Emma D'Arcy) learning the truth, although her father Daemon (Matt Smith) lied to Rhaenyra to save his daughter after she confessed all to him when he discovered her living in terrible squalor in a cave with just Sheepstealer for company.

'There's a lot that Rhaena admires about her dad and also a lot of jealousy about the way he navigates this world,' says Campbell. 'It's like she's got a celebrity as a dad. She doesn't see him in a parental way.'

EVERYTHING AT RISK

Rhaena's closest relationship has always been with her older sister Baela. But Baela was engaged to Jace and Rhaena fears her heartbroken sibling's reaction if she ever discovers what happened.

'The panic and sadness about the thought of losing her sister is pretty strong in her,' says Campbell, who has forged a close off-screen friendship with Bethany Antonia, who plays Baela.

'We hit it off after going on a day out together in London shortly after being cast. I've gone to watch Bethany on stage in a musical and it was the most magical thing I've ever seen.'

Matt Smith as Daemon

I ♥ BENIDORM

Dennis Govan
John Hannah
The ex-cop's fresh start behind a bar in Benidorm is disrupted when his new barmaid forces him to dust off his detective skills.

Sleuth in the sun

John Hannah stars in a Spain-set crime caper

NEW CRIME DRAMA
Benidorm Is Murder
Thursday, 9pm, 5

Forget sangria and siestas – mystery and mayhem are hitting the shores of the Costa Blanca when a cynical pub landlord and his tenacious barmaid become TV's newest crime-solving duo.

Created by *Death in Paradise* writer Ian Jarvis, sun-kissed six-parter *Benidorm Is Murder* introduces us to weary ex-detective Dennis (John Hannah), whose quiet life running a Scottish pub in the popular holiday hotspot is upended when he hires aspiring actor Rosa (Carolina Bécquer).

With a relentless passion for TV crime drama, Rosa pulls her curmudgeonly boss into a series of local murder investigations, beginning with the case of a Take That tribute band who find their 'Robbie' dead in a hotel pool. Will the pair's secret sleuthing scupper the official investigation?

As well as a fresh murder each week, an array of guest stars are dropping in, including *Loose Women*'s Denise Welch and impressionist Alistair McGowan. Meanwhile, *Andor*'s Brian Bovell plays pub regular Archie, and *New Tricks*' Tamzin Outhwaite stars as Dennis' ex-wife, Tiff.

TV&Streaming Week caught up with *Rebus* actor Hannah and rising Spanish star Bécquer to find out more…

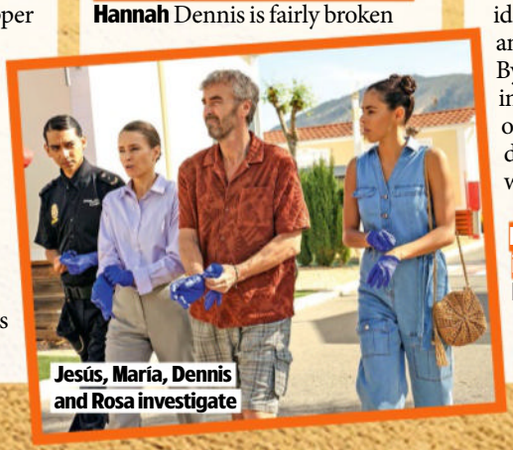
How do Dennis and Rosa end up solving mysteries in Benidorm?

Hannah Dennis is fairly broken and miserable when we meet him, so given the breaks he's had, drinking beer in his own pub seems like a decent way to go. But then Rosa walks in and brings him back to life. He was born to be a cop.

Bécquer Mystery solving is Rosa's ideal hobby, and her energy and enthusiasm are contagious. By pulling Dennis into the investigations, she reminds him of what he really loves to do deep down, even if he doesn't want to admit it.

It must have been fun filming in Benidorm?

Hannah It's a very special place and this series is like a love letter to the area. I mean, it's


Jesús, María, Dennis and Rosa investigate

WORDS: GRACE MORRIS. REBECCA MAHONEY. PHOTOS: 5, BBC, ITV

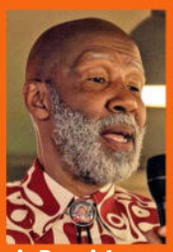
WHO'S WHO

Rosa Ortega
Carolina Bécquer

The pint-pulling, crime-drama superfan suspects foul play when a member of a Take That tribute band meets a grisly end.

DS María Hernandez
Ariadna Cabrol

The local detective is infuriated by Dennis and Rosa's constant meddling in police work. But is she also secretly impressed?

Archie
Brian Bovell

Always with a wild story and a pint in hand, philosophical Archie is a bit of an enigma as well as a permanent fixture in Dennis' Scottish pub.

PC Jesús Ballesteros
Damian Schedler Cruz

The enthusiastic young rookie bumbles his way through investigations, but is he more savvy than everyone thinks?

not for everybody. It can be quite wild and frontier-like at times, but it's also very beautiful. There's a lot of happiness, which brings a certain energy to this show.

Bécquer I didn't know what to expect, but it was amazing. You hear about the nightlife and parties, but there's so much more going on. We got to explore a lot, and I wanted to eat croquetas and paella every weekend.

John, you've played a few cops. How does Dennis compare?

Hannah I've counted them up and I've played about 13 or 14 TV detectives, but Dennis has the best sense of humour. DI Jack Cloth [in *A Touch of Cloth*] was funny, but he didn't know it, whereas Dennis takes his joy where he can find it, a bit like me.

Did you enjoy working with the guest stars?

Hannah Everyone had great fun. Tamzin Outhwaite really delivers and the Take That tribute boys were a hoot.

Bécquer There were many fun moments, but I couldn't stop laughing while filming with Tamzin as she was joking around between takes. Also, we shot a hen-party episode in Gran Canaria, where I'm from. My parents came on set and were asked to be extras. They loved it and now my dad wants a spin-off show!

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

Dawn and Billy connect

EMMERDALE

Dawn and Billy kiss! But has Joe rumbled their romantic reunion?

» **Dawn isn't happy** that her ex-husband Billy is now dating Gabby, and her jealousy hasn't gone unnoticed by the single mum. Joe begins to wonder if Gabby might be right about his fiancée still having feelings, and his suspicions are confirmed when sparks fly between the former couple.

When Dawn finds Gabby unconscious in the kitchen due to her extreme clean-eating diet, GP Manpreet gets her to do a pregnancy test. Dawn is relieved that it's a false alarm, until she learns Gabby's stopped taking the pill as part of her regime, and she decides to tell Billy.

As Gabby fumes at Dawn, Joe's paranoia rises and he heads off to discuss the dodgy business he's doing with Caleb. Alarm bells soon ring for Joe due to Caleb's out-of-character behaviour, and he later asks Graham to find dirt on the depot owner.

Joe is suspicious

Meanwhile, Dawn and Billy are called together to deal with a parenting problem and the exes soon ease back into their old ways. Billy leans in for a kiss and Dawn pulls away just as Joe arrives. But has he clocked their smooch?

» **PLUS** Steve causes trouble for Kev, Jimmy organises a date with Nicola to liven up their love life, and Serena sneaks into Home Farm again – just what is she up to?'

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Shona and David bring Harper home (above) but Jodie ruins the special occasion, Cassie's attempts to expose Ross end in disaster, Betsy faces her challenging new reality, and Idris reveals a shocking truth to Alya.

EASTENDERS

» Sheila is unsettled by Gray's reaction when she delivers some news (above), George meets someone from his past, a passing comment from Elaine shocks Sharon, and Ian receives his verdict in court – will he be found guilty?

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Joon
George Zhao
The Chinese miner is obsessed with looking for his lost gold.
Eileen
Mandy McElhinney
The hard-working Irish publican can make people drunk with her breath.
Gideon
Brent Hill
The English former naval officer used to transport convicts to Australia.
Miranda
Ines English
The socialite bride-to-be was a former resident of Ramshead Manor.
Satan
Jackson Tozer
The sweet-natured biker has a crush on Lindy and a power to push objects.
Lindy
Michelle Brasier
The energetic 1980s aerobics instructor can manipulate electricity.
Kate
Tamala Shelton
After a near-death experience, Kate is able to interact with the ghosts.
Sean
Rowan Witt
Kate's other half moves with her to the remote Ramshead Manor.

Spooks Down Under

Comedian **Michelle Brasier** plays an 80s aerobics instructor in an Australian version of *Ghosts*

NEW COMEDY

Ghosts Australia

Saturday, 10.30pm, 10.55pm & 11.20pm, BBC3 (box set, BBC iPlayer)

Since BBC sitcom *Ghosts* came to an end in 2023 after five seasons of spooky goings-on at Button House, fans have also enjoyed the popular US version of the show on BBC3 and BBC iPlayer.

Now, there's an extra treat in store with the arrival of an Australian adaptation on BBC3, which stays pretty close to the original, albeit with a distinctly Down Under twist.

EXORCISE REGIME

Tamala Shelton (*Nowhere Boys*) and Rowan Witt (*All Her Fault*) play city couple Kate and Sean, who inherit a remote, ramshackle manor inhabited by an eclectic mix of phantoms, including 1980s TV aerobics instructor Lindy, played by comedian Michelle Brasier.

'I was a fan of the British show before the Australian adaptation was even an idea,' Brasier tells *TV&Streaming Week*. 'The idea for the show is playful and has so much heart, so it was a dream come true to get a part in *Ghosts Australia*.

'My character, Lindy, was an aerobics instructor on *Wake Up Australia* and she's obsessed with being beautiful and famous. She's also astonishingly wide-eyed and sees the best in everyone, sometimes to her detriment. Her outfit is crazy and classic 80s – and I found it strangely liberating wearing a leotard every day!'

Gideon and Eileen

The series begins with Kate and Sean moving into their haunted home, Ramshead Manor, where Kate is introduced to the spirits when she starts seeing them following a ladder accident that leaves her with concussion.

And all of the spooks have their own crazy backstories.

'There's Eileen, an 1800s Irish publican, who's the grumpy, matronly one, and Joon, who is a Chinese miner from the 1850s gold rush and a bit of a Lothario,' explains Brasier, who's been nominated for a Logie Award (Australia's answer to the BAFTAs) for her role as Lindy.

GET INTO THE SPIRIT

'We also have beautiful 1920s socialite Miranda and pompous Gideon, who was a British contemporary of Captain Cook, plus 90s biker Satan, who's definitely not as tough as he makes out. He's also in love with Lindy, which is a really sad story that plays out in the series.'

The show was partly filmed at a real manor house outside Perth that dates back to the 1880s.

'The caretaker told us stories about people who'd seen strange things, so that was quite spooky,' says Brasier. 'I really hope British audiences enjoy our show. It still has the same heart as the original, and Aussies and Brits have a similar sense of humour.'

WORDS: HANNAH DAVIES. PHOTOS: BBC

LOOK WHO'S BACK...

A familiar face appearing in a new show this week

Jon Hamm

NEW **Grimsburg**

Fri, 9.30pm, 10pm & 10.30pm, Sky One (Seasons 1-2 box set, Sky Box Sets/NOW)

Born in Missouri in 1971, Jon Hamm is best known for his role as 1960s ad executive Don Draper (inset) in hit American series *Mad Men* (2007-15), which won him an Emmy and two Golden Globes. He has also starred in *Good Omens*, *The Morning Show*, *Landman* and the fifth season of TV anthology *Fargo*. He's recently been seen in HBO Max sketch show *Life, Larry and the Pursuit of Unhappiness*.

HIS NEW SHOW

In animated comedy series *Grimsburg* – the first two seasons of which are available on demand from 31 July – Hamm lends his voice to Marvin Flute, a brilliant but troubled detective who cracks seemingly unsolvable crimes in the fictional town of Grimsburg. But while Marvin's nothing short of a super-sleuth in his career, he can't seem to solve the mystery of his own personal life. Can he get back in the good books of his family, including his ex-wife Harmony (Erinn Hayes) and nerdy son Stan (Rachel Dratch)?

Hamm voices Marvin Flute in *Grimsburg*

Martin Clunes guests in the US version of *Doc Martin*

Doctors in the house

COMEDY DRAMA

Best Medicine

Tuesday, 8pm, Sky One

In 2022, ITV's popular comedy drama *Doc Martin* came to an end after 18 years. But this week, Martin Clunes, who starred as grumpy GP Dr Martin Ellingham in the Cornwall-set series, gets his prescription pad out again to guest in *Best Medicine*, the American adaptation of the show.

However, Clunes isn't playing Martin Ellingham, but Dr Robert Best, the cantankerous estranged father of Dr Martin Best (*The Good Wife*'s Josh Charles). Together with his wife Vanessa (Judith Ivey), Robert makes a surprise return to Port Wenn in Maine to sell the family home. Cue plenty of one-upmanship between the two physicians as they treat all manner of ailments from bee stings to accidental skewerings, all while wrestling with their prickly father-son relationship.

Vanessa and Robert

DAD IDEA

'My wife Philippa [Braithwaite], who produced *Doc Martin*, is also a producer on *Best Medicine* and it was just a fun concept to give me a little job in it – a bit of novelty casting, I guess,' Clunes, 64, tells *TV& Streaming Week* in an exclusive interview.

'They said, "What about playing Martin Best's father?" And I said, "Yeah, fine." There's only about 10 years between me and Josh, so I got my agent to ask if they had anyone who could do ageing make-up to make me look older. But the question was never answered, and it never even came up again – so thanks a bunch!'

Since *Doc Martin* ended, Clunes has been playing much less sympathetic characters including the odious Mr Earnshaw in this year's *Wuthering Heights* film and disgraced newsreader Huw Edwards in

Melissa Roxburgh's FBI agent hunts more escaped murderers

Hot pursuit

Bex (right) faces fresh challenges

NEW **CRIME DRAMA**

The Hunting Party

Thursday, 9pm, U&Alibi

Former FBI profiler Rebecca 'Bex' Henderson (Melissa Roxburgh) and her elite covert task force are back on the trail of more escaped serial killers as crime drama *The Hunting Party* returns for a second 13-part series on U&Alibi.

Now answering to new boss Colonel Eve Lazarus (Kari Matchett), Bex is still on a mission to recapture the violent inmates who escaped from a top-secret prison, known as The Pit, in Season 1, which ended with her partner Oliver Odell (*Revenge*'s Nick Wechsler) fighting for his life after being poisoned with cyanide by a fugitive.

As the hunt resumes, the team

WORDS: NICK CANNON, HANNAH DAVIES, VICTORIA WILSON. PHOTOS: BBC, SKY, U&ALIBI

Martin Clunes and Josh Charles as Robert and Martin

5's *Power: The Downfall of Huw Edwards*. He's also set to play an evil equerry in the historical crime thriller *Black Palace*, all while helping organise the annual Buckham Fair – a fundraising event for Dorset County Hospital that he's holding in the grounds of his Dorset home in August.

REVIVAL ON THE CARDS?

But has the return to Port Wenn (albeit in Maine, not Cornwall) tempted him to revive *Doc Martin*?

'It's certainly a thought,' he laughs. 'It was such a nice gig. You know, what's not to like about being down on the Cornish coast filming in a beautiful holiday location? I miss it, so, yeah, never say never.

'But having said that, I do love playing baddies. I've always been a character actor. I'm trying to avoid the words "less handsome", but I think what I mean is that the less handsome definitely get to muck around a bit more!'

● ***For more info on Buckham Fair, visit buckhamfair.com***

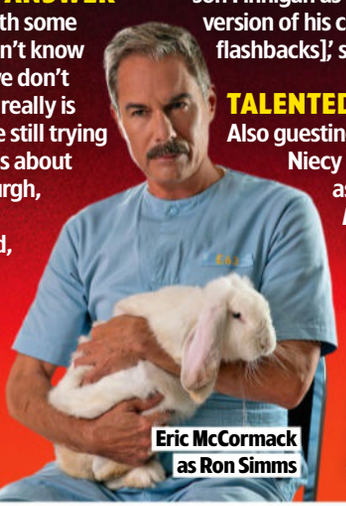
realises something has changed these killers inside that classified facility, making them smarter, more deranged and harder to trace.

QUESTIONS TO ANSWER

'Season 1 left us with some cliffhangers; we don't know the fate of Odell, we don't know who Lazarus really is any more and we're still trying to figure out secrets about The Pit,' says Roxburgh, 33. 'We also get to explore some weird, wacky killers!'

In the Season 2 opener, *Will & Grace* star Eric McCormack plays one of the worst of the 'worst of the worst' killers – Ron 'Boogeyman' Simms, who targets women looking for love.

'Eric played a lovely human like Will and now he's playing a murderer alongside his [real-life] son Finnigan as the younger version of his character [in flashbacks],' says Roxburgh.



Eric McCormack as Ron Simms

TALENTED CAST

Also guesting this season are Niecy Nash (*All's Fair*) as a detective and *Frasier*'s Kelsey Grammer as the leader of a doomsday cult.

'Niecy is a breath of fresh air,' says Roxburgh. 'And Kelsey is so down to earth.'

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

The Vampire Lestat

NEW

Tuesday, 9pm, BBC2 (box set, BBC iPlayer)

The adaptation of Anne Rice's supernatural story returns for a third seven-part season, this time focusing on dashing vampire Lestat de Lioncourt (Sam Reid, above), who reinvents himself as a 'rock god'. Jacob Anderson and Delainey Hayles return as fellow vampires Louis and Claudia, while Jennifer Ehle joins the cast as Gabriella, Lestat's mother.

Bonnie Tyler at the BBC

NEW

Saturday, 8.30pm, BBC2

Following Bonnie Tyler's sad death earlier this month at the age of 75, the BBC pays tribute to the Welsh pop singer (right) with a collection of archive performances. Hits include *Lost in France*, *Holding out for a Hero* and power ballad *Total Eclipse of the Heart*, which topped the charts in both the UK and US in 1983, selling 13 million copies.

The Hit List

NEW

Saturday, 5.55pm, BBC1

The pop quiz returns with hosts Marvin and Rochelle Humes (both right). The first episode is a celebrity special, with three pairs of stars battling it out for charity. Drag queen La Voix teams up with *The Chase*'s Jenny Ryan to take on comedians Fatiha El-Ghorri and Harriet Kemsley, plus singer Chesney Hawkes and presenter Rav Wilding, for a prize of £10,000.

FREE WEEKLY NEWSLETTER

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PLUS US-drama guide – discover which American series are on which day, channel and season!

What are you waiting for?

YOUR WATCHLIST

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prime

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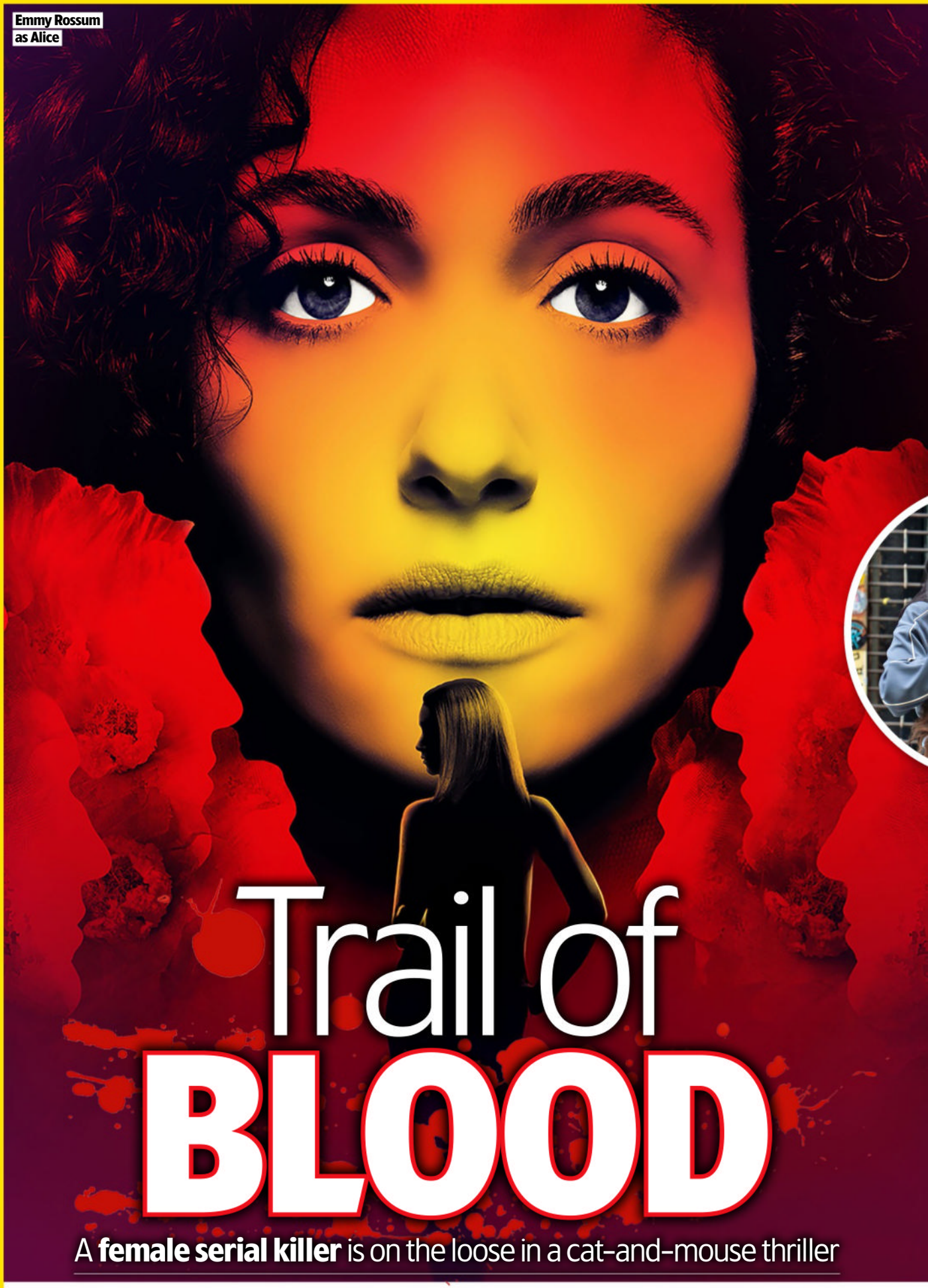


Trail of BLOOD

A **female serial killer** is on the loose in a cat-and-mouse thriller

Furious

NEW *Available: Mon 27 July Genre: Thriller Season: 1 Episodes: 8 (first three episodes from 27 July, then weekly)*

The pursuit of an enigmatic female murderer leads an FBI agent down a morally grey path in Disney+'s new thriller *Furious*.

The eight-part drama stars Emmy Rossum as rookie agent Alice Black, whose first case for the bureau sees her investigating multiple homicides perpetrated by elusive serial killer Catherine (Lola Petticrew).

'Alice is a former NYPD detective who left the police department because she was in an abusive relationship with another officer,' says Rossum. 'She's starting over at the FBI, and stumbles upon this idea that there's a murder connected to a case that she had at the NYPD.'

VICTIM OF VIOLENCE

Although the two characters initially seem to be polar opposites, it transpires that Catherine's killing spree is a vengeance mission in response to the violence and exploitation she experienced in her own past – and the closer that Alice gets to catching her, the more the lines between them begin to blur.

Lola Petticrew as Catherine

'The title of the show comes from Greek mythology, the Furies, who are goddesses seeking vengeance,' explains Rossum, 39. 'That really encapsulates the women of the show.'

The series is the brainchild of *Dying for Sex* creator Elizabeth Meriwether, who drew inspiration from 1987 film *Black Widow* starring Debra Winger and Theresa Russell, and was intrigued by the idea of delving into the psyche of a female serial killer.

SEEKING JUSTICE

With that came the challenge of finding the right person to portray Catherine in all her complexity, and Meriwether was delighted by what Petticrew brought to the role.

'Their audition was undeniable,' says Meriwether. 'It was one of those auditions where everything goes quiet. You just hear the sound of everything locking into place, because you're watching an actor make a part their own.'

For Rossum, who spent eight years playing Fiona Gallagher in the US adaptation of *Shameless*, the intense relationship between the two protagonists was a strong selling point.

'We're simultaneously following this serial killer – this fascinating, mysterious woman who has been a victim of violence and is kind of on a mission to enact vengeance and get justice for herself – and Alice, who wants to get justice on a much larger scale,' she says. 'The women are more similar than they are different.'

What we're watching...

The shows being enjoyed by the *TVSW* team

Enola Holmes 3

Genre: Drama Episodes: One-off

Millie Bobby Brown (right) returns as clever, capable and charming Enola Holmes, Sherlock's younger sister and an equally accomplished sleuth, in the entertaining third film in the franchise. As it opens, it looks like Enola might have to put her detective work on the back-burner as she is about to marry Lord Tewkesbury (Louis Partridge) in Malta. But then Dr Watson (Himesh Patel) tells her that Sherlock (Henry Cavill) has been kidnapped and Enola immediately embarks on a mission to find her brother...

Elle

Genre: Comedy Season: 1 Episodes: 8

In this 1995-set prequel to 2001's *Legally Blonde*, Lexi Minetree (right) takes on the Reese Witherspoon role of upbeat Elle Woods, who's a fish out of water when her parents move from Los Angeles to Seattle.

Suits LA

Genre: Drama Season: 1 Episodes: 13

Arrow's Stephen Amell (right) stars as Ted Black, a former New York City prosecutor turned Los Angeles entertainment lawyer representing Hollywood A-listers, in the second spin-off series from *Suits*.

Now in production...

Three upcoming shows to look out for soon

Myron Bolitar

Netflix's take on Harlan Coben's long-running series of thrillers will see Colin Woodell (above) play the titular former basketball player, whose career ended in injury. But when he becomes a sports agent, he finds himself embroiled in danger as he help his clients.

Guilty Creatures

Julia Garner (above) is set to star in Apple TV's true-crime drama, based on Mikita Brottman's book, which follows two devoutly religious people in Florida who carry out a murder that casts a shadow over their lives for decades to come.

Enigma Variations

In Netflix's drama, adapted from André Aciman's novel, Aaron Taylor-Johnson (above) plays Paul, whose life is changed by a series of lovers that he encounters across the globe. But is any of them 'the one'? Alicia Vikander co-stars.

WORDS: CAREN CLARK, JUDY EWENS, STEVEN PERKINS. PHOTOS: C4, ©2026 DISNEY & ITS RELATED ENTITIES, GETTY, NETFLIX, PRIME VIDEO

Fight for survival

Five friends are trapped in a cave with a **killer shark**

prime The Devil's Mouth

NEW *Available: Wednesday 29 July*
Genre: Thriller

Before they are weighed down by adult responsibilities, five college friends spend the summer holidaying off the coast of Thailand. But deciding to round off their adventure by going on a guided swim through a stunning labyrinth of caves proves fatal in Prime Video's survival thriller *The Devil's Mouth*.

Unbeknown to the five pals, a freak storm has washed a massive bull shark into the submerged cave system and it's seeking prey, which includes them. As oxygen dwindles in the claustrophobic cave system, panic spreads among the group, trust erodes and old tensions resurface.

Heading the cast of the film are *Big Little Lies*' Kathryn Newton as Sara and *XO, Kitty*'s Lana Condor as Max.

'You have two best friends who are super-close,' says Newton, 29, of the pair's relationship. 'One is having trouble communicating her want for independence. Throw a bull shark into the situation, and a cave, and they have to survive and all their true colours come out at the most imperfect time.'

WATER WAY TO GO

Also in the cast are Tayme Thapthimthong, who shot to fame in the third season of *The White Lotus*, as the group's Thai guide Wat.

Most of the movie was shot on location, with the cast spending much of their time filming in open water.

'The environment is just as scary as the shark in many ways,' admits Newton. 'It can be very foreboding. I personally was in a constant state of fear.'

The friends realise they're in trouble

Pierce Brosnan and Amir El-Masry

Fresh Prince

The rags-to-riches tale of pro boxer **Naseem Hamed**

prime Giant

NEW *Available: Friday 31 July*
Genre: Drama

The meteoric rise of British boxer Naseem 'Naz' Hamed, and his relationship with the man who trained him, is explored in one-off sports drama *Giant* on Prime Video.

Starring Amir El-Masry, the film charts how the boxer – nicknamed Prince Naseem – became world champion in the 1990s under the guidance of famed Irish coach Brendan Ingle, played by Pierce Brosnan.

To prepare for the role, El-Masry spent weeks in the gym and worked with a movement coach.

'Boxing is a dance, but Naz took it to the next level,' says El-Masry, who played young Mohamed Al-Fayed in *The Crown*. 'I had to get in the zone.'

As the drama unfolds, Brendan transforms his protégé's swagger into a weapon of showmanship designed to psychologically break his opponents.

'Brendan wanted to be a boxer and couldn't make it, so he gave it all to the young men who came through his boxing gym,' says Brosnan, 73. 'He found a great connection with Naseem.'

However, as Naseem becomes a global star, rifts emerge in the pair's relationship and the boxer decides to sign with London promoter Frank Warren (Toby Stephens).

'In the movie, we're all yearning to see them come together and make peace,' says El-Masry, 35. 'That's what sold me on the film – that raw tenderness you see in those two men.'

WORDS: CAREN CLARK, DAVID HOLLINGSWORTH, NATASHA HOLT, VICTORIA WILSON. PHOTOS: APPLE TV, BBC, ITV, PRIME VIDEO

Camille (played by Alexandria Riley)

POWER trip

Camille is on a mission to annihilate Juliette

Silo

Available: Friday 31 July Genre: Sci-fi
Season: 3 Ep: 5 of 10 (released weekly)

Camille Sims is determined to kill engineer Juliette Nichols as the third season of mind-bending sci-fi thriller *Silo* continues on Apple TV.

As the new head of IT, Camille, played by *Death Valley*'s Alexandria Riley, is the most powerful person in Silo 18, and she has agreed with the mysterious Algorithm that Juliette (Rebecca Ferguson) must be eliminated.

Rebecca Ferguson as Juliette

LIVES AT RISK

Chillingly, the Algorithm has warned Camille that if Juliette lives, it could lead to a Safeguard, a protocol designed by the founders to prevent revolts among the population, which would see poison pumped into the vast underground bunker, killing all of its 10,000 inhabitants.

Meanwhile, Camille suspects that her usually loyal husband, Robert (Common), the brutal former head of security for Judicial, is beginning to wonder if Juliette really is the enemy.

'Juliette's a problem for Camille,' Riley tells *TV&Streaming Week* in an exclusive interview. 'It's causing issues between her and Robert because they're pulling in different directions, whereas in Season 2 they were on the same page.'

RESPONSIBILITY

Camille has revealed herself to be utterly ruthless ever since the Algorithm surprisingly chose her and not her husband to lead the Silo, following the downfall of Bernard Holland (Tim Robbins).

'Camille was thrust into power very quickly,' explains Welsh actor Riley. 'She now has the lives of 10,000 people on her shoulders and is being given vast amounts of information by the Algorithm that she doesn't know is right or wrong, and she can't even communicate with her partner-in-crime, Robert.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

ITVX The Dark

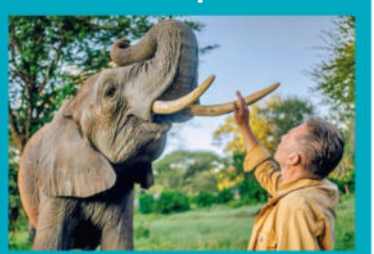
ITV1's Scotland-set drama sees DC Connor Crawford and DI Monica Kennedy (Mark Rowley and Laura Donnelly, both above) investigate when a young man's body is found. They soon discover they are dealing with a twisted serial killer.

BBC iPLAYER The Sentinels

As BBC4's French sci-fi series opens amid World War One, wounded Gabriel Ferraud (Louis Peres, above) is forced to become part of a secret programme designed to create soldiers with superhuman strength. Can he reunite with his wife and son?

BBC iPLAYER Ann Droid

Widowed Sue (Sue Johnston) is furious to receive an unwanted gift – a reconditioned robot carer, Linda (Diane Morgan, pictured with Johnston) – in BBC1's comedy. But as Linda makes her favourite meal, Sue realises she could be useful.



BBC iPLAYER Evolution

Chris Packham (above) explores how life on Earth has evolved in BBC2's docuseries, which begins in Kenya, where he explains how elephants' trunks grew to facilitate grazing, and how they and other organisms adapted to live on land.

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TVSAT21/07/26

Pick of the new releases

The best new shows to enjoy this week on streaming services...

Avatar Aang: The Last Airbender

Saturday 25 July

This animated film sees Avatar Aang, the world's last Airbender, learn of an ancient power that could save his culture from extinction. With the help of his friends, he embarks on a quest to find it before it falls into the wrong hands.

The Staircase

Saturday 25 July

True-crime drama. After his wife Kathleen (Toni Collette) is found dead at the bottom of a staircase in their North Carolina home in 2001, novelist Michael Peterson (Colin Firth) is accused of her murder. Also airing on ITV1 (Sat, 9.15pm & 10.30pm). Previously shown on Sky Atlantic in 2022.

The Curse of Love Island

Sunday 26 July

Through the stories of former British *Love Island* contestants Sophie Gradon and Mike Thalassitis, who died by suicide in 2018 and 2019 respectively, this documentary examines the impact of reality-TV fame in the social-media age.

Furious

Monday 27 July

Psychological crime thriller. FBI agent Alice Black (Emmy Rossum) hunts a calculating female serial killer. As the cat-and-mouse pursuit unfolds, the two women realise their lives are intertwined. See feature, page 14.

Turbulence

Monday 27 July

Action thriller. A married couple embark on a trip in a hot-air balloon over the Dolomites in Italy to rekindle their relationship, but when a third passenger joins them, events take a dangerous turn. Jeremy Irvine stars.

The Activists

Monday 27 July

Finnish period drama that dramatises the events leading up to the 1904 assassination of Russian Governor-General Nikolai Bobrikov – the country's first political assassination. It tells the stories of three revolutionaries who are caught up in violence and ideological fervour as Finns dream of independence from tsarist Russia.

President Curtis

Monday 27 July

Adult animated comedy. US President Curtis (Keith David) and his staff tackle issues from interdimensional diplomacy to paranormal investigations and unexplained phenomena. With *Brooklyn Nine-Nine*'s Stephanie Beatriz.

The Proud Family: Louder and Prouder

Wednesday 29 July

The fourth and final season of the animated comedy revolving around Penny Proud (Kyla Pratt), a 14-year-old middle-school girl, and her family – parents Oscar and Trudy, twin siblings BeBe and CeCe, and grandmother Suga Mama (and Puff!) – in the fictional city of Emilyville, California.

The Devil's Mouth

Wednesday 29 July

Survival-horror film. Five college friends holidaying in Thailand sign up for a guided swim through a submerged cave system known as The Devil's Mouth. But once inside the caves, events take a terrifying turn as they are hunted by a deadly shark. Starring Kathryn Newton, Lana Condor and Tayme Thapthimthong. See feature, page 16.

Wrath

Wednesday 29 July

Brazilian drama. A young man with amnesia is rescued from the brink of death by a mixed martial arts coach and finds a new purpose as an MMA fighter. But he begins to uncover clues to his past and becomes entangled in a web of crime, secrets and rivalries.

Primate

Wednesday 29 July

Horror thriller. Friends holidaying in Hawaii end up fighting for their lives when a pet chimpanzee contracts rabies after being bitten by a mongoose and turns into a killer. Starring Johnny Sequoyah, Victoria Wyant and Jess Alexander. Also airing on Sky Premiere (Wed, 10.05pm). See review, p27.

Final Project

Wednesday 29 July

Mexican teen thriller. A new school means a new start for Tamara (Daniela Martínez Caballero)... until vicious online attacks and a classmate's twisted challenge spark a dangerous bond that pushes her toward transformation.

Batman: Caped Crusader

Friday 31 July

The Joker emerges as a criminal mastermind in the second season of the animated noir series, which follows Batman in the early years of his crime-fighting in Gotham City. *Widow's Bay*'s Hamish Linklater voices Batman/Bruce Wayne.

Giant

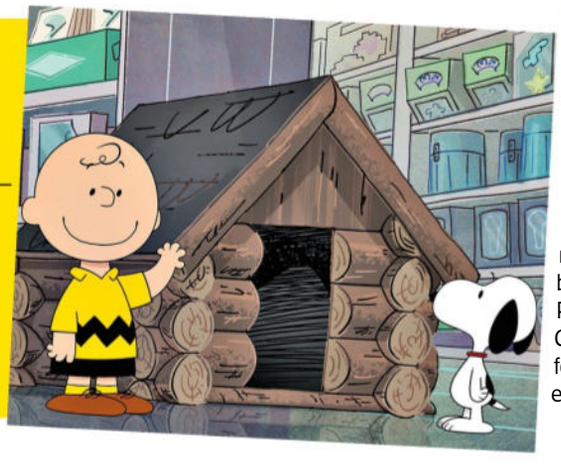
Friday 31 July

Biographical sports drama charting the rise of UK featherweight boxer Prince Naseem Hamed and his relationship with his Irish trainer, Brendan Ingle. Amir El-Masry and former James Bond actor Pierce Brosnan star. See feature, page 16.

Snoopy Presents: There's No Place like Home, Snoopy

Friday 31 July

New *Peanuts* special. Snoopy is upset when his doghouse is accidentally sold at a yard sale. In an effort to cheer up his pal, Charlie Brown leads Snoopy on an adventure to find it and, together, they learn what makes a house a home.



The Devil Wears Prada 2

Wednesday 29 July

Meryl Streep, Anne Hathaway and Emily Blunt reunite for the sequel to their hit 2006 comedy drama. Andy Sachs (Hathaway) returns to fashion magazine *Runway*, edited by the formidable Miranda Priestly (Streep), while Emily Charlton (Blunt), Miranda's former assistant, is now a senior exec at Dior. See review, p23.

WORDS: JUDY EWENS. PHOTOS: APPLE TV, HBO MAX, VIAPLAY

Documentaries

A polar bear

Climate control

How **animals are adapting** in a world that's heating up

NEW NATURE

Force of Nature

Sunday, 7pm, ITV1 (box set, ITVX)

With the Earth getting hotter and extreme weather on the rise, animals all over the globe are being forced to come up with ingenious ways to survive in changing environments.

Narrated by *The Walking Dead* star Andrew Lincoln, this six-part series follows a host of creatures as they adapt to survive amid hurricanes, floods, droughts, wildfires and warming seas.

FRESH APPROACH

'Climate change and extreme weather is the biggest story of our time,' says series producer Seb Illis. 'But we didn't want to make a show full of doom and gloom, so we decided to approach the subject through the eyes of the animals and find out what it meant for them.'

This week's opening episode takes

Don't Date Brandon

Thu, 10pm, 11pm & 12.05am, C4 (box set, Channel 4 Streaming)

This three-part series hears from US women Amber Rasmussen and Athena Klingerman (both above), who both married serial cheater and con artist Brandon Johnson. After the pair hosted a podcast to warn women about their experiences, Johnson was eventually arrested and jailed for 10 years.

Extraordinary Extensions

Wednesday, 8pm, C4

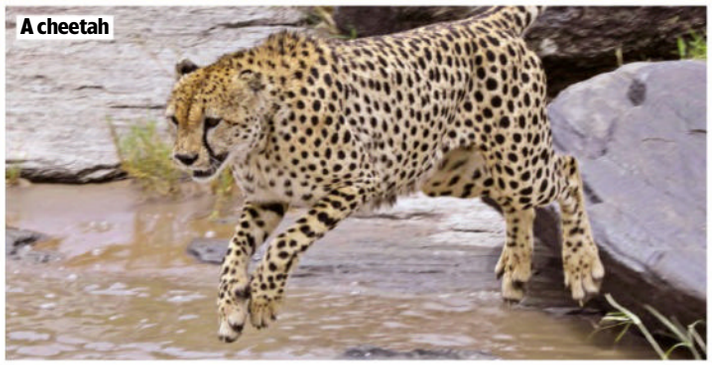
As rapper and property developer Tinie Tempah's renovation show returns, he joins Nadine and Chris as they turn their terraced house in west London into Nadine's art deco dream, complete with a curved staircase and a 1920s-style garden. He also meets Jenny and James (both above with Tinie Tempah) from Norfolk who are adding a boathouse-inspired new wing to their 275-year-old thatched cottage.

Renovation Rescue

Thursday, 8pm, C4

The DIY show is back for a second run, with new hosts Vogue Williams and ex-*Love Island* star Luke Mabbott (both above) using their expertise to help people wanting to transform their homes. First up are Wendy and Garreth from Northamptonshire, whose garage conversion has left them anxious and out of pocket. Can they get the project back on track?

WORDS: CAREN CLARK; NATASHA HOLT; IAN MACEWAN, SEAN MARLAND. PHOTOS: BBC, C4, ITV, SKY, ALAMY


A cheetah

us from the Arctic Circle to the grasslands of Africa and features some animal behaviours that have never been caught on camera before.

When a film crew followed savannah chimpanzees in Senegal, they were delighted to confirm that the primates had discovered a clever way of finding water during the country's severe droughts.

'Savannah chimps are problem solvers,' explains Illis. 'We managed to film them entering gold mines after the workers had downed tools, and climbing down these deep shafts to find water at the bottom. Getting that behaviour on tape made the 10-week shoot worthwhile.'

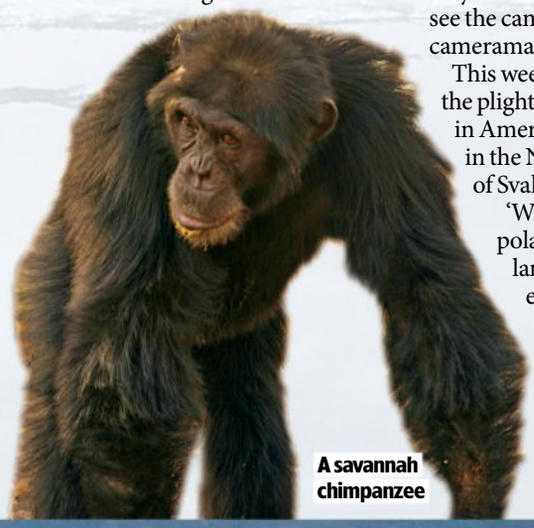
Meanwhile, on the other side of Africa, in Kenya's Masai Mara Nature Reserve, the team also witnessed the rare sight of cheetahs swimming across a swollen river during a flood.

SURVIVAL TACTICS

'After weeks of waiting, we saw them paddling through the water while being chased by a crocodile, which was extraordinary,' says Illis. 'The film crew were delighted with it, but got a shock when a lion jumped out at the cheetahs after they made it across. You can actually see the camera move, because the cameraman was so surprised!'

This week's opener also charts the plight of burrowing owls in America and polar bears in the Norwegian archipelago of Svalbard.

'With the sea ice melting, polar bears are coming to land to hunt reindeer,' explains Illis. 'We filmed a lot of their hunts with modern drones, which are smaller and less noisy than early ones, and we were able to get some fantastic chase sequences.'


A savannah chimpanzee

The Idaho Murders

Sunday, 9pm & 10pm, Sky Crime (box set, Sky Box Sets & NOW)

In November 2022, the city of Moscow, Idaho, was rocked when four students – Kaylee Goncalves, Madison Mogen, Xana Kernodle and Ethan Chapin – were murdered in their sorority house. This two-parter reveals how DNA evidence and CCTV footage eventually led police to killer Bryan Kohberger.

Terror in the Skies

Sunday, 10.20pm, ITV1

In August 2006, a group of British terrorists plotted to smuggle liquid explosives on to transatlantic planes in a bid to kill thousands of passengers. Featuring interviews with those at the heart of the counterterrorism operation, this documentary uncovers how the threat was thwarted and a global catastrophe prevented.

Dame Harriet Walter

Secret service

Dame Harriet Walter uncovers her mother's vital war work

FACTUAL

Who Do You Think You Are?

Thursday, 9pm, BBC1

As Dame Harriet Walter explored her ancestry for this week's *Who Do You Think You Are?*, she was amazed to discover the crucial role her mother Xandra Carandini Lee played during World War Two.

While in her 20s, Lee served with Naval Intelligence at the Admiralty, and Walter learnt that she had been in charge of collating key information about the Nazis' harbour defence activities prior to D-Day in 1944.

'She never talked about it. And she never thought she'd done anything interesting, she just said she was one of thousands of cogs in the machine,' shares *Silo* and *Succession* star Walter, 75. 'I had no idea she had this responsibility and a role in the D-Day landings, which opened the path to peace. I feel really proud.'

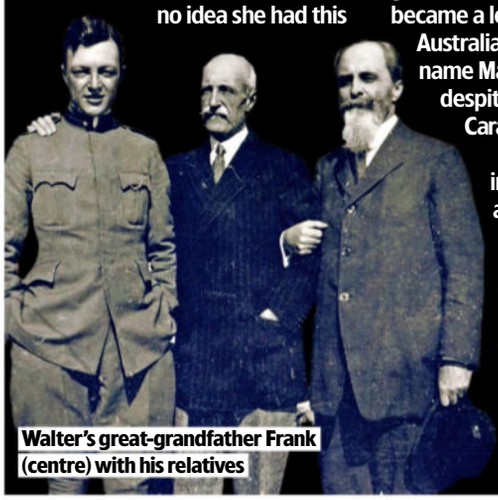
As the actor delved further into her maternal line, she was intrigued to find out how her maternal great-great-grandfather Girolamo Carandini, who was born into a noble family in Modena, northern Italy, in 1803, eventually settled in Tasmania.

COLOURFUL CHARACTER

In Italy, Walter learnt that Carandini joined the army as a young man, but was dismissed for bad conduct. He then participated in an uprising in Modena in 1831 against Austrian rule and in favour of a unified, independent Italy. When the revolution failed, he fled to France to evade arrest, but in 1842, he moved to Tasmania, where he worked as a dancer and dance teacher.

His wife, Walter's great-great-grandmother Maria Burgess, became a leading lady of Australian opera, under the name Madame Carandini. But despite her success, Girolamo Carandini got into debt.

'Girolamo kept getting into trouble. But he had a spirit to perform and I could relate to his story,' reflects Walter, who visited Hobart and Sydney to research her forebears. 'And Maria was gifted with a wonderful voice. I'm pleased I've followed in their footsteps.'


Walter's great-grandfather Frank (centre) with his relatives

Films Our pick of this

Animal magic: Emily and Josh

MOVIE OF THE WEEK

Disclosure Day

Steven Spielberg returns to sci-fi conspiracy for a thrilling chase adventure

SCI-FI ADVENTURE

From Wednesday, buy or rent from digital stores including Prime Video and Sky Store ★★★★

Half a century on from *Close Encounters of the Third Kind*, Steven Spielberg returns to his cherished theme of alien encounters with this epic sci-fi – and once again covert government forces are trying to keep us all in the dark. Luckily, there's a pair of dogged individuals on hand determined to expose the truth.

Josh O'Connor's cybersecurity expert-turned-whistleblower has absconded from a clandestine government-sponsored corporation with evidence that the authorities have been hiding the existence of ETs for decades. Meanwhile Emily Blunt's TV station meteorologist has her own strange encounter with a red cardinal bird after it flies into her apartment and somehow leaves her with the ability to speak foreign languages at will.

From here on Spielberg picks up the pace, turning *Disclosure Day* into an exhilarating chase movie as the duo – at first singly and then together – go on the run, relentlessly pursued by goons directed by O'Connor's ex-boss, Colin Firth. It's breathtaking stuff, barely giving us time to reflect that, yes, the story is built on shaky foundations and some flaky ideas about alien existence and religious belief.

But Spielberg's brilliance, boosted by terrific performances by Blunt and O'Connor, keeps us pinned to our seats. 2026, 12, 145MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, SEAN MARLAND, LIZ MILROY, NIGEL PIZEY

More premieres and Day by Day planner

week's Best Movies

COMEDY

The Dink

Available now, AppleTV ★★★★

Jake Johnson and Ed Harris serve up a heartwarming tale of redemption in this sports comedy about a washed-up tennis player facing up to the ghosts of his past. It follows Dusty Boyd (Johnson), a former tennis prodigy who now coaches unruly kids at his father's country club while bemoaning the rise of pickleball, a simple and more accessible version of his favourite sport. Yet when he unexpectedly falls in love with the game thanks to fellow player Candace (Mary Steenburgen), he finds himself lining up against his father (Harris) and an old enemy in a battle for the soul of the club. A solid slice of comedy, featuring guest appearances from tennis stars Andy Roddick and John McEnroe. 2026, 12, 102MIN

Ex pros: Jake and Mary

Glam's back: Anne, Meryl and Stanley

COMEDY

The Devil Wears Prada 2

From Wednesday, Disney+ ★★★★

Twenty years on, Meryl Streep, Anne Hathaway, Emily Blunt and Stanley Tucci's snarky fashionistas are back, but now the publishing world they inhabit has changed beyond recognition. Streep's imperious fashion magazine editor Miranda Priestly is still dripping with hauteur, but her glossy *Runway* is struggling in the digital age. Through a set of contrivances, Hathaway's earnest Andy finds herself back as the features editor, with Tucci's waspish art director Nigel still there, although Blunt's posh Emily has moved on to become an exec at Dior. The story revolves around attempts to win over a tech billionaire (Justin Theroux) and his ex-wife (Lucy Liu) – but the plot's secondary. The film remains hugely enjoyable thanks to the stars' chemistry and their perfect comic timing. 2026, 12, 119MIN

PSYCHOLOGICAL THRILLER

Lurker

Saturday, 6.15pm, Sky Premiere ★★★★

The quietly creepy Matthew (an excellent Théodore Pellerin) inveigles his way into the entourage of rising pop performer Oliver (Archie Madekwe) and through deception and devious cunning jostles for the star's attention. A deeply uncomfortable dive into the world of the famous and their hangers on, this shrewd movie is effectively *All About Eve* for the influencer generation, as Matthew picks off the competition with a near-psychotic determination. 2025, 15, 100MIN

Who's zooming who: Archie and Théodore

Call it in: Bob and co

ACTION COMEDY

Normal

Friday, 8.25am, 8pm & 1.10am, Sky Premiere ★★★★

What links a yakuza mob in Japan with the thriving small town of Normal, Minnesota? Newly arrived temporary sheriff Bob Odenkirk is about to find out…Led by mayor Henry Winkler, the people are friendly enough, until a couple rob the local bank and Odenkirk finds himself in the firing line. Which is where the yakuza comes in… This movie's a blast, with a fine Odenkirk as the seemingly quiet man who hides a nifty set of skills. The action, when it comes, is excellent with all manner of weapons utilised and the blood-spurting raises plenty of chuckles. 2025, 15, 90MIN

Films

Walls closing in: Renate

SCI-FI MYSTERY

Backrooms

Available now, buy or rent from digital stores ★★★★

This surreal and unsettling horror film marks an astonishingly accomplished debut for 20-year-old director Kane Parsons, who has expanded the viral YouTube series he began creating in his mid-teens into a cinematic box-office hit.

Refreshingly, Parsons doesn't bombard viewers with jump scares or gore. Instead, he skilfully exploits the disorienting nature of in-between spaces such as empty office rooms, hallways and stairwells. Or, indeed, the deserted near-bankrupt furniture showroom owned in the film by Chiwetel Ejiofor's frustrated loner Clark.

Still bitter over the end of his marriage, he is stuck in a rut that his therapist Mary (Renate Reinsve) has been unable to pull him out of. Then one night he discovers he can walk through a wall in the store's basement and finds himself in a labyrinthine, seemingly never-ending series of mysterious backrooms...

Parsons made his found-footage-style web series using CGI, but his film deploys 30,000ft of practical sets to create a nightmarish world, plumbing the uncanniness of liminal spaces and liminal states of being, with things getting even creepier as the story unfolds. 2025, 15, 127MIN

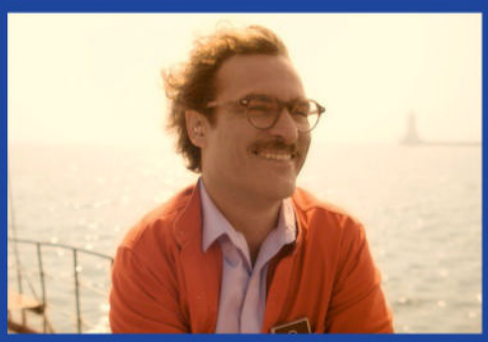
Hidden gems Great movies you might have missed...

CRIME THRILLER

Before the Devil Knows You're Dead

Prime Video ★★★★

Philip Seymour Hoffman and his brother Ethan Hawke are strapped for cash, so plan to rob their parents' jewellery shop. But then their mum, Rosemary Harris, ends up dead after shooting one of the crooks. Director Sidney Lumet is on top form with this smashing, twisty and nerve-janglingly edgy thriller. With Albert Finney as dad and Marisa Tomei as Hoffman's wife, the acting's as superb and stylish as the film. 2007, 15, 112MIN



ROMANTIC COMEDY

Her

Netflix ★★★★

Joaquin Phoenix plays the gentle, melancholy hero of this offbeat romantic comedy for the social media age from *Being John Malkovich* writer-director Spike Jonze. Still smarting from a painful break-up with his wife (Rooney Mara), Phoenix's Theodore Twombly gradually falls in love with the intuitive artificial intelligence in his computer, voiced by Scarlett Johansson. Thought provoking, this is both slyly satirical and touchingly sweet. 2013, 15, 126MIN

CRIME MYSTERY

The Vanishing

STUDIOCANAL Presents ★★★★

Couple Gene Bervoets and Johanna Ter Steege pull into a service station and while he fills up, she goes into the shop – and disappears. Bervoets ends up searching for her for years, never giving up hope that she may be alive. Then her kidnapper (Berbard Pierre Donnadieu) sends Bervoets postcards, asking to meet... This film grips so tightly it almost strangles, with a conclusion that is one of cinema's great shockers. **Subtitled.** 1988, 12, 102MIN

Saturday 25 July

HORROR

Black Phone 2

9.40pm, Sky Sci-Fi/Horror ★★★★

Sex ●●● Violence ●●● Language ●●●

In an effective and absorbing sequel to the 2022 film, director Scott Derrickson takes us back to where it started for child-snatcher the Grabber (Ethan Hawke). The hero of the first film, Finn (Mason Thames), is now 17 and the dreams of his psychic sister Gwen (Madeleine McGraw) lead them to a snowbound retreat, with the Grabber essentially becoming *A Nightmare on Elm Street*'s Freddy Krueger. Aided by strong visuals, the 'he can kill you in your dreams' scenario opens a plethora of possibilities. Thames and McGraw anchor the film commendably and the wonderful Hawke pops up to provide the chills and rather gnarly gore. 2025, 18, 114MIN

Calling it off: Mason and Ethan

ACTION

Bullet Train

8pm, Sky Action ★★★★

Sex ●●● Violence ●●● Language ●●●

Brad Pitt is a hoot as a hitman on an apparently simple job – hop on Japan's fastest moving train and steal a briefcase. Its current guardians are Brian Tyree Henry and Aaron Taylor-Johnson, but there are also any number of other shifty types (including Joey King and Andrew Koji) in the mix as well. There's not much of a story and the film is a bit flabby, but director David Leitch has a ball with the explosive mix of comedy and carnage (including a novel use for a bottle of mineral water) and his hilariously disposable A-list cast. 2022, 15, 127MIN

SPORT DRAMA

Gran Turismo

9pm, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

Unlikely but true, this is the story of Cardiff teen Jann Mardenborough (Archie Madekwe) who turns his skill on the titular racing simulator into a career as a professional real-life race-car speedster. Director Neill Blomkamp keeps the on-track tension revving nicely as Jann faces races of increasing difficulty en route to the 24-hour feat of Le Mans. David Harbour, Orlando Bloom, Djimon Hounsou and Geri Halliwell Horner are among the sceptics and supporters in a formulaic but entertaining thrill ride. 2023, 12, 129MIN

WORLD CINEMA

Monster

10.25pm, BBC4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

PREMIERE A stunning multi-perspective tale by Japanese titan Hirokazu Koreeda, this starts simply enough when a no-nonsense single mum (Sakura Andô) goes to the school of her pre-teen son (Soya Kurokawa) when a teacher (Eita Nagayama) has attacked him for playing up. Then we travel back to the teacher's perspective before going back again and seeing the events through Kurokawa's eyes. Elegant, profound and absorbing, this spectacular drama is also quietly devastating. Subtitled. 2023, 12, 127MIN

ROMCOM

Materialists

10.45pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

Dakota Johnson stars as a successful professional matchmaker to New York's moneyed class, who ends up torn between suave, charming millionaire Pedro Pascal and wannabe actor and part-time waiter Chris Evans, with whom she already had a five-year relationship. Celine Song's movie is a smart, subtle grown-up film with sly gags bustling next to real-world concerns about the sometimes dangerous business of dating, with all three stars pitch perfect. 2025, 15, 116MIN

■ Full listings start on p35

Sunday 26 July

PERIOD DRAMA

Downton Abbey: The Grand Finale

10.30pm, Sky 2026 Recap ★★★★

Sex ●●● Violence ●●● Language ●●●

An unashamedly nostalgic, sumptuous, fan-pleasing end for Julian Fellowes' hit drama, set in the changing times of 1930. Hugh Bonneville's Earl of Grantham is considering handing over Downton to daughter Lady Mary (Michelle Dockery) when she faces social pariahdom as her divorce becomes public. Meanwhile, below stairs, Jim Carter's doggedly loyal butler Carson is also having difficulty relinquishing control with his retirement imminent. It's enjoyable seeing how the story plays out for all the regulars, while Paul Giamatti, Alessandro Nivola and Dominic West have fun making mischief in the supporting cast. 2025, PG, 124MIN

Mansion facts: Michelle and co

DRAMA

Eleanor the Great

6am, 2pm & 4.10am, Sky Premiere ★★★★

Sex ●●● Violence ●●● Language ●●●

PREMIERE When her best friend and platonic live-in partner dies, June Squib's 90something Eleanor is devastated. Moving from Florida back to New York to stay with daughter Jessica Hecht, she stumbles into a meeting and tells a lie – which grows and grows... A sublime Squib is matched perfectly with Erin Kellyman, as a student journalist whose mum's recently died. Their shared grief enables them to form a wonderful bond in this emotionally charged, engaging drama, the impressive directorial debut of Scarlett Johansson. 2025, 12, 98MIN

FAMILY COMEDY

Dolittle

3.05pm, BBC1 ★★★

Sex ●●● Violence ●●● Language ●●●

Robert Downey Jr assumes the mantle previously worn by Rex Harrison and Eddie Murphy as the man who can talk to animals. Here, Downey Jr's widowed doctor is coaxed out of reclusive grief to sail to a fabled island in search of a cure for a gravely ill Queen Victoria (Jessie Buckley). His new apprentice (Harry Collett) and a colourful menagerie of talkative animals, voiced by the likes of Emma Thompson, Rami Malek and John Cena, accompany him. The gags don't always hit the mark, but it's a handsome and larky adventure. 2020, PG, 101MIN

THRILLER

Dead Man's Wire

6pm, Sky 2026 Recap ★★★★

Sex ●●● Violence ●●● Language ●●●

In this incredible true story, set in 1977 Indianapolis, a desperate Tony Kiritsis (Bill Skarsgård) takes Richard Hall (Dacre Montgomery) hostage, placing a wire around Hall's neck attached to a shotgun. So if anything happens to Kiritsis, the trigger goes off, leaving the local cops helpless to intervene... As a twitchy Kiritsis signals his demands, he corrals local DJ Fred Temple (a wonderful Colman Domingo) to help with negotiations. Why all of this is happening becomes clearer in director Gus Van Sant's superb, if mildly surreal movie. 2025, 15, 104MIN

DRAMA

The Forgiven

10pm, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

Speeding to a lavish house party, drunk English doctor Ralph Fiennes runs over and kills a young fossil-seller on a Moroccan desert road. The boy's father (Ismael Kanater) insists that Fiennes travel to the burial, while his unhappy wife (a game but short-changed Jessica Chastain) is left to the glamorous debauchery of the party. Fiennes gives a thoughtful performance and his quiet search for redemption is a gripping pleasure in an otherwise clunky movie. 2021, 18, 117MIN

■ Full listings start on p45

Weekday movies over page

Films Weekday movies

Monday 27 July

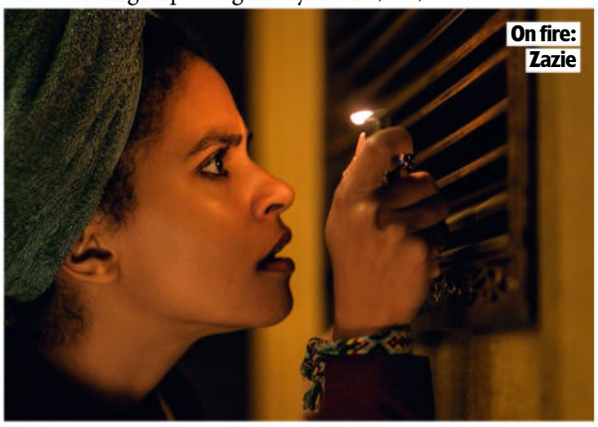
COMEDY HORROR

They Will Kill You

8pm, Sky Sci-Fi/Horror ★★★

Sex ●●● Violence ●●● Language ●●●

Zazie Beetz arrives at Patricia Arquette's creepy hotel to take up a job as a cleaner. But on the first night, the guests (including Heather Graham and Tom Felton) try to kill her. Luckily, she has the skills to fight back (she's no cleaner, she's there to rescue her sister from a satantic cult). There are stabbings, slashings and decapitations galore, but it does become quite repetitive. Still, a wandering disembodied eyeball is amusing and Beetz's no-holds-barred turn ensures things zip along nicely. 2025, 15, 94MIN



On fire: Zazie

ANIMATION

Corpse Bride

6am & 8.50pm, Sky Animation ★★★★★

Sex ●●● Violence ●●● Language ●●●

Tim Burton and Mike Johnson's stop-motion animation is a gleaming, beautifully made romp to enchant adults and kids alike. Young Victor (voiced by Johnny Depp) arrives for an arranged 19th-century wedding to Victoria (Emily Watson), but places his ring on a crooked twig that turns out to be the finger of a deceased bride (Helena Bonham Carter), who whisks him off to the land of the dead. 2005, PG, 77MIN

MUSICAL

Chicago

8pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

This Oscar-winning adaptation of Bob Fosse's long-running stage hit is a razzle-dazzle musical about passion, murder and all that jazz. Both Renée Zellweger and Catherine Zeta-Jones have their claws fully extended as a pair of imprisoned killers. The film is a treat for both the eyes and the ears, with the only false note being struck by Richard Gere, who isn't slimy enough to convince as the gals' conniving lawyer. 2002, 12, 112MIN

DRAMA

Mass

6am, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

Set mostly in a single room, this searing drama sees two sets of parents (Jason Isaacs and Martha Plimpton and Ann Dowd and Reed Briney) meeting years after a school shooting. Both their sons died – but, excruciatingly, one was a victim, the other the shooter. It's a devastating story about grief and a tough watch, but the superb acting (Isaacs has never been better) is well worth the energy it takes to absorb the impact. 2021, 12, 89MIN

ACTION

Silent Night

2.10am, Sky Action ★★★★

Sex ●●● Violence ●●● Language ●●●

This brilliantly brutal gunfest from action maestro John Woo is a virtually wordless shoot 'em up. Harold Torres' gang kill Joel Kinnaman's kid and shoot him in the throat, leaving him speechless. Woo ladles on the maudlin before transforming Kinnaman from sad dad into buff punisher. And when our hero starts taking out the gang over the course of one night, it's a blast. 2023, 15, 144MIN

■ Full listings start on p55

Tuesday 28 July

FANTASY

The New Boy

11.05pm, BBC2 ★★★

Sex ●●● Violence ●●● Language ●●●

In the bleak 1940s Australian outback, an aboriginal boy (Aswan Reid) is brought to an orphanage led by a rebellious nun (Cate Blanchett). He's different from the other charges – he doesn't speak but has seemingly mystical abilities, which alter the precarious balance within the shelter… Writer-director Warwick Thornton delivers a beautiful film that speaks of the way the white establishment treated indigenous peoples, but his message becomes too obtuse by the finale. Still, there is much to admire here. 2023, 12, 97MIN

Pitching in: Cate

PREMIERE

CLASSIC THRILLER

The Fugitive

3.50pm, Sky Greats ★★★★★

Sex ●●● Violence ●●● Language ●●●

Wrongly convicted of killing his wife, a doctor (Harrison Ford) is on his way to jail when a train crash allows him to go on the run to find the culprit. However, dogged US marshal Tommy Lee Jones is hot on his heels. Perfectly cast, this is twisting, edge-of-seat entertainment of the highest order. Jones has the showier role, gets all the best lines and is perfect, but the understated Ford is equally brilliant. 1993, 15, 128MIN

ACTION COMEDY

Fight or Flight

12.10am, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

A knockabout, blood-spewing action comedy, what this really has going for it is a terrific Josh Hartnett. He's an ex-Special Service agent on a plane from Bangkok to San Francisco who must identify an elusive hacker and keep them safe from half the passengers who are actually assassins. It's beyond daft, but a hugely entertaining ride thanks to charming Hartnett and Charithra Chandran as a sassy flight attendant. 2025, 15, 101MIN

THRILLER

American Star

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Ageing hitman Wilson (Ian McShane) lands in the Canary Islands for one last job that starts to feel more like a retirement holiday. But trouble arrives in the form of Adam Nagaitis' younger assassin Ryan, and the nature of Wilson's brief is belatedly revealed. Until the inevitable violence, this is a beguilingly languid piece, distinguishing itself via the twin landscapes of McShane's rugged features and the lush scenery. 2023, 15, 106MIN

MYSTERY

The Illusionist

12.25am, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

In 1900 Vienna, Jessica Biel is engaged to the vindictive Austrian Crown Prince (Rufus Sewell), but is in love with her childhood sweetheart and famed stage magician Edward Norton. With Paul Giamatti as the police chief casting a sceptical eye on things, this is a clever, involving mystery that keeps you guessing right up to the ingenious twist ending. 2006, PG, 109MIN

■ Full listings start on p65

Wednesday

DRAMA

The Florida Project

9pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Fizzing with vitality and brimful of empathy and insight, this terrific movie immerses us in the lives of a mischievous six-year-old girl (Brooklynn Kimberly Prince) and her feckless

Pushing it: Brooklynn and Bria

CLASSIC THRILLER

Chinatown

9.05am & 3.45am, Sky Thriller ★★★★★

Sex ●●● Violence ●●● Language ●●●

Jack Nicholson has one of the roles of his career as 1930s gumshoe JJ Gittes, who annoys most of the people he meets most of the time and, along the way, takes on a matrimonial case and drifts deeper into a web of menace, corruption and paranoia. Robert Towne's script won an Oscar, John Huston has a key role and director Roman Polanski has a cutting cameo. One of the greatest films of the 1970s. 1974, 15, 131MIN

FAMILY

Charlotte's Web

6pm, Sky Family ★★★

Sex ●●● Violence ●●● Language ●●●

Dakota Fanning makes a super job as the young hero in this gleaming version of EB White's classic children's book. Julia Roberts provides the voice of Charlotte, a clever spider who tries to save pig Wilbur from becoming a fry-up. Gentle, old-fashioned and charming, if a little overfamiliar. From a voice cast that includes Robert Redford and Oprah Winfrey, Steve Buscemi has the best lines and is a scene-stealer as rat Templeton. 2006, U, 97MIN

29 July

single mother (Bria Vinaite), residents of a tatty Florida motel, run by a kind-hearted Willem Dafoe, in the shadow of Walt Disney's Magic Kingdom. Director Sean Baker conveys the playful exuberance of his young hero and her friends, but he also lets us see the heart-breaking reality of their lives on the margin. 2017, 15, 111MIN

HORROR

Primate

10.05pm, Sky Premiere ★★★

Sex ●●● Violence ●●● Language ●●●

PREMIERE Returning home to Hawaii, Johnny Sequoyah and chums Victoria Wyant and Jess Alexander plan to party, until the family's pet chimp (an impressive performance from Miguel Torres Umba), contracts rabies and goes on a stomach-churning murder spree. This is strictly no-brainer B-movie material and is as subtle as a brick in the head, but if you're up for bloody mayhem it certainly delivers the gruesome goods. 2006, U, 97MIN

COMEDY

The Phoenician Scheme

1.20am, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

In Wes Anderson's typically quirky comedy, Benicio Del Toro's wealthy, ruthless 1950s industrialist tries to reconcile with his neglected, novitiate nun daughter (a superb Mia Threapleton) to persuade her to become his sole heir. The usual array of stars (including Tom Hanks) help the bizarre plot along nicely. 2025, 15, 101MIN

■ Full listings start on **p75**

Thursday 30 July

THRILLER

Fuze

4pm, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

What starts as an unexploded World War Two bomb discovered on a central London building site cascades into a riotous – if ridiculously convoluted – heist and its fallout. To say too much would ruin the countless twists in this movie, but the numerous characters – including bomb disposal expert Aaron Taylor-Johnson, criminals Theo James and Sam Worthington and police chief Gugu Mbatha-Raw – will all have their part to play. The ending's rushed, but getting there is great fun. 2026, 15, 98MIN

London rules: Gugu

ANIMATION

The Wild Robot

12.30pm, Sky Animation ★★★★

Sex ●●● Violence ●●● Language ●●●

A shipwrecked robot washes ashore on an island populated by a lively array of animals and reluctantly plays adoptive mum to an orphaned gosling. This heart-warming animation is a tad mawkish but overall a triumph, with stunning visuals and a script that combines smart and funny gags with thoughtful ideas about AI and ecology. Lupita Nyong'o, Pedro Pascal and Bill Nighy head the appealing voice cast. 2024, U, 102MIN

ADVENTURE

Beast

9pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

Idris Elba takes his daughters (Iyana Halley and Leah Jeffries) to the African savanna where their late mother once took captivating photos. 'It's the law of the jungle', remarks Sharlto Copley's game warden. 'It's only the lion that matters out here.' Elba discovers how true that is after poachers agitate a pride and one ballistic lion goes on a killing spree. The final confrontation turns silly, but until then this is a rip-roaring slice of fun. 2022, 15, 93MIN

PRISON DRAMA

The Green Mile

10.10pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Hanks is a compassionate death row prison guard in 1935 Louisiana and Michael Clarke Duncan a hulking new inmate calmly waiting to walk the green mile to the electric chair. But it soon becomes clear he's no ordinary inmate... Based on a Stephen King story, director Frank Darabont's superbly acted movie delivers suspense and believable characters as well as an affecting supernatural angle. 1999, 18, 189MIN

COMEDY HORROR

The Blackening

12m't, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

An all-black cast skewers the slasher-film trope that the black character always dies first in a rollicking horror spoof. Seven pals rent a cabin (in the woods, naturally) and play a sinister, wildly racist board game... Jokes are cracked, the mystery deepens and the fab cast (including Sinqua Walls, Antoinette Robertson, Jermaine Fowler and Grace Byers) is whittled down. 2022, 15, 97MIN

■ Full listings start on **p85**

Friday 31 July

FAMILY ADVENTURE

A Minecraft Movie

6pm, Sky Family ★★★

Sex ●●● Violence ●●● Language ●●●

This goofy yarn, based on the videogame, is fun once it gets past a clunky set up explaining how Jack Black's ended up in the Overworld universe where everything – sheep, pigs, pandas, etc – is made up of blocks. He's joined by Jason Momoa, Danielle Brooks, Sebastian Hansen and Emma Myers after they're sucked through a portal. Their quest to get home takes in zombies, skeletons and piggy hordes, while director Jared Hess sprinkles the action with fan-pleasing references and memes. 2025, PG, 101MIN

Block party: Jack and pals

ANIMATION

Shaun the Sheep Movie

1pm, Sky Animation ★★★★

Sex ●●● Violence ●●● Language ●●●

Animated favourite Shaun the Sheep gets his first feature-film outing with Aardman's wonderful, barnstorming comedy. It's a riot of slapstick silent-movie-style gags as Shaun's antics at Soggy Bottom Farm trigger a chain of hilariously farcical events that find the sheep venturing into the big city to rescue their amnesiac farmer, who's used his shearing skills to become a trendy barber. 2015, U, 85MIN

DRAMA

Cast Away

5.20pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Hanks provides something of an acting tour de force in this survival adventure in which he's stranded on a desert island after a plane crash. His performance is all the more impressive for having to spend most of the film conversing with a volleyball. Having previously collaborated on the overblown *Forrest Gump*, Hanks and director Robert Zemeckis keep things more low-key here and it's all the better for it. 2000, 12, 143MIN

SCI-FI COMEDY

Ghostbusters: Afterlife

7.45pm, Sky Family ★★★★

Sex ●●● Violence ●●● Language ●●●

Co-written and directed by Jason Reitman, son of original 1984 *Ghostbusters* director Ivan, this reboot is warm, witty and full of wonder. Following the death of Harold Ramis' Egon, his daughter (Carrie Coon) and kids (Finn Wolfhard and Mckenna Grace) move to his house – and find weird stuff is happening... Paul Rudd, a number of old faces and some familiar equipment add to the fun. 2021, 12, 124MIN

MUSICAL DRAMA

Chuck Chuck Baby

11pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Struggling, timid middle-aged Helen (Louise Brealey) sees life in her North Wales home going nowhere. Then Joanne (Annabel Scholey) comes back to town – Helen's teen crush... With characters singing along to tunes on the radio, this not-quite-musical is an odd mixture of genres, but ends up feeling original, heartfelt and satisfyingly emotional. 2023, 15, 101MIN

■ Full listings start on **p95**

Sportweek

Your **ultimate guide** to the best of the live action

LIVE MULTI-SPORT

Saturday-Friday, times vary, TNT Sports, HBO Max, S4C, BBC Alba & BBC iPlayer

THE MAIN EVENT

KATARINA JOHNSON-THOMPSON

The two-time world champion in heptathlon will be aiming for a third consecutive Commonwealth title, having claimed silver at the Paris Olympics in 2024. Her England teammates are 2022 Commonwealth bronze medallist Jade O'Dowda and debutant Ellen Barber.

When to watch *Heptathon on Tuesday & Wednesday.*

Commonwealth Games

As the action continues in Glasgow, we pick **six superstars** set to shine this week...

EMMA FINUCANE

The Welsh track cyclist is taking part in her second Games and looks set to be one of the main attractions at the Sir Chris Hoy Velodrome. After winning two medals at Birmingham 2022, Finucane became the first British woman to win three medals at a single Olympics since Mary Bignal-Rand in 1964.

When to watch *Women's sprint on Friday.*

SHERICKA JACKSON

The Jamaican sprint star has five Olympic medals to her name, but has never won Commonwealth gold. At the age of 32, she will be aiming to put that right, and will welcome the absence of St Lucia's Olympic champion Julien Alfred in the women's 100m.

When to watch *Women's 100m final on Tuesday; women's 200m final on Friday.*

RHYS McCLENAGHAN

The gymnast will lead Northern Ireland's medal charge when he competes in the pommel horse, having won Commonwealth gold on the apparatus in 2018 and silver four years ago. At Paris 2024, McClenaghan won his first Olympic gold, competing for Ireland.

When to watch *Men's pommel horse on Monday.*

WORDS: RICHARD MCCLURE. PHOTOS: GETTY, SHUTTERSTOCK

BEN SANDILANDS

The Scottish middle-distance runner will make his Games debut in the T20 1,500m, for athletes with intellectual impairments. He set a new world record when winning Paralympic gold at Paris 2024, and will be up against fellow Scot Owen Miller, who claimed gold at the Tokyo Games.

When to watch

Men's T20 1,500m final on Monday.

ADAM RAMSAY-PEATY

Twelve years after claiming his first Commonwealth crown, England's three-time Olympic champion will be looking for his first major title since the Tokyo Games. His rivals include Australian Sam Williamson and teenage rising star Filip Nowacki, who competes for Jersey.

When to watch

Men's 100m breaststroke final on Saturday; men's 50m breaststroke final on Monday.

England's Charley Hull

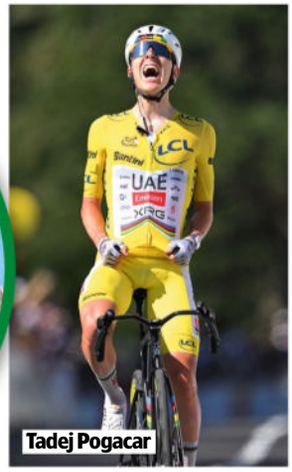
LIVE GOLF

Women's Open

From Thu, Sky Sports Golf & Sky Sports Main Event

The historic links course at Royal Lytham & St Annes Golf Club is the venue for the 50th staging of the Women's Open as Japan's Miyu Yamashita defends her title following her victory at Royal Porthcawl last year. The main contenders for the first prize of $1.5million are 2026 major winners Nelly Korda of the USA and South Korea's Ryu Hae-ran, while home-grown hopefuls include Charley Hull, who finished runner-up 12 months ago. First played in 1976, the tournament began with a prize pot of just £500, partially funded by the players, and has crowned 42 champions from 15 countries. It's the sixth time the event has been staged at the Lancashire club and recent changes have included a redesign of the 11th hole.

Miyu Yamashita of Japan



Tadej Pogacar

LIVE CYCLING

Tour de France

Saturday & Sunday, TNT Sports 1, S4C & HBO Max

As *TV&Streaming* *Week* went to press, Slovenia's Tadej Pogacar looked odds-on to retain his Tour de France title and claim a fifth yellow jersey. The race closes with the final two stages: Saturday's summit finish on Alpe d'Huez for a second day running, before Sunday's finale in Paris which features a climb up the cobbled Côte de la Butte Montmartre ahead of the traditional sprint finish along the Champs-Élysées.

Diamond Necklace

LIVE HORSE RACING

Glorious Goodwood

From Tuesday, ITV1

Set against the picturesque Sussex Downs, the five-day flat-racing showpiece includes the prestigious Sussex Stakes mile race on Wednesday (starts 3.35pm). Run for a record £1.5million in prize money, it could feature a potential rematch between Bow Echo and Gstaad after their showdowns at Newmarket and Royal Ascot. Thursday is Ladies Day and features the Nassau Stakes (starts 3.05pm), when trainer Aidan O'Brien's unbeaten favourite Diamond Necklace is set to take on the highly fancied Estrange.

Sir Lewis Hamilton

LIVE MOTORSPORT

F1: Hungarian Grand Prix

Sun, race starts 2pm, Sky Sports F1 & Sky Sports Main Event

Following podium finishes at Silverstone earlier this month, British drivers George Russell of Mercedes and Ferrari's Sir Lewis Hamilton are mounting a serious title challenge as F1 comes to the Hungaroring before its month-long summer break. Hamilton has taken the flag in Budapest on eight occasions, though his last victory came back during the 2020 season.

Sport A-Z and football planner »»

TV&Streaming week

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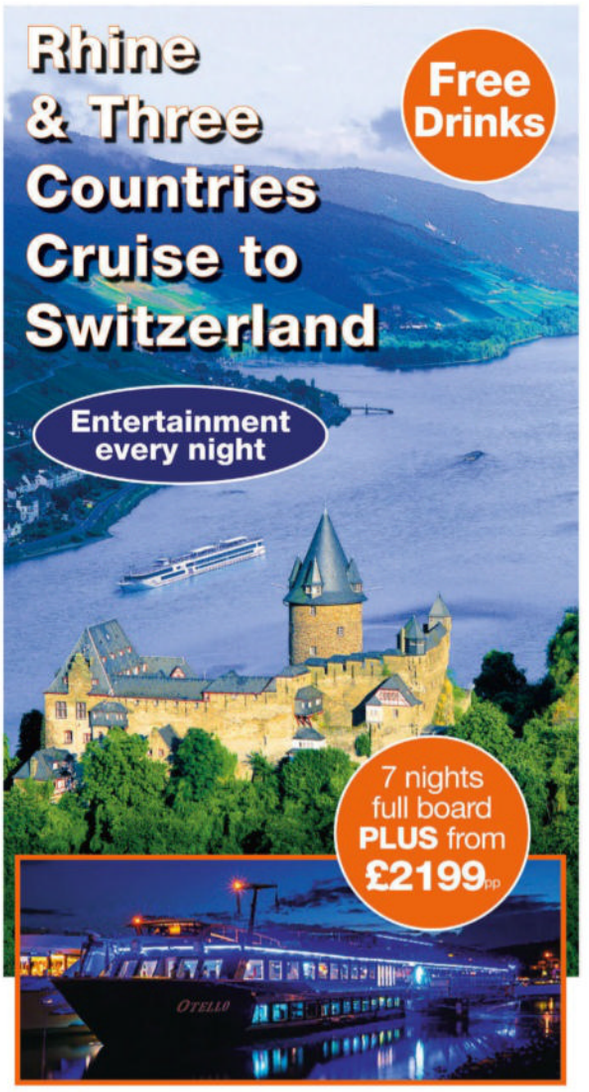
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● **Departs 29 May 2027**

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Sport week A-Z GUIDE

AMERICAN FOOTBALL

LIVE NFL Flag Championships
Sat 5pm Sky Sports Action; Sat 6pm & Sun 9pm Sky Sports Mix

AUSTRALIAN RULES

LIVE Hawthorn Hawks v Essendon Bombers
Sat 7am TNT Sports 4
The AFL match from Melbourne.

LIVE GWS Giants v Sydney Swans
Sat 7.30am TNT Sports 3
The AFL game at ENGIE Stadium.

LIVE Brisbane Lions v Port Adelaide Power
Sat 4am TNT Sports 1
The AFL match from Brisbane.

LIVE North Melbourne Kangaroos v St Kilda Saints
Sun 6am TNT Sports 4
The AFL fixture at Marvel Stadium.

LIVE Collingwood Magpies v Geelong Cats
Thu 10.15am TNT Sports 3
The AFL match from Melbourne.

LIVE Fremantle Dockers v Western Bulldogs
Fri 11am TNT Sports 3
The AFL match at Optus Stadium.

LIVE St Kilda Saints v Sydney Swans
Fri 4am TNT Sports 3
The AFL match at Marvel Stadium.

BASEBALL

LIVE Miami Marlins v San Diego Padres
Sat 9pm TNT Sports 3
The MLB National League match.

LIVE New York Mets v Los Angeles Dodgers
Sat 12m't TNT Sports 1
The MLB National League game.

LIVE Pittsburgh Pirates v Chicago Cubs
Sun 6.30pm TNT Sports 4
The MLB National League fixture.

LIVE San Francisco Giants v Los Angeles Angels
Sun 9pm TNT Sports 1
The MLB inter-league match staged at Oracle Park.

LIVE Philadelphia Phillies v New York Yankees
Sun 12m't TNT Sports 1 & TNT Sports 3
The MLB inter-league game.

LIVE Texas Rangers v Seattle Mariners
Mon 7.30pm TNT Sports 1
The MLB American League fixture.

Cricket
Charlie Dean will be leading London Spirit as they take on Trent Rockets on Sunday

LIVE St Louis Cardinals v Chicago Cubs
Mon 12.30am TNT Sports 1
The MLB National League game.

LIVE St Louis Cardinals v Chicago Cubs
Tue 12.30am TNT Sports 1
The MLB National League match.

LIVE New York Mets v Atlanta Braves
Wed 6pm TNT Sports 4
The MLB National League fixture.

LIVE St Louis Cardinals v Chicago Cubs
Wed 12.30am TNT Sports 1
The MLB National League match.

LIVE St Louis Cardinals v Chicago Cubs
Thu 7pm TNT Sports 1
The MLB National League fixture.

LIVE Atlanta Braves v Washington Nationals
Thu 12m't TNT Sports 1
The MLB National League game.

LIVE Chicago Cubs v New York Yankees
Fri 7pm TNT Sports 1
The MLB inter-league match.

LIVE Houston Astros v Texas Rangers
Fri 1am TNT Sports 1
The MLB match.

BASKETBALL

LIVE Dallas Wings v Atlanta Dream
Wed 1am Sky Sports Action
The WNBA match.

LIVE Phoenix Mercury v Golden State Valkyries
Wed 3am Sky Sports Action & 3.30am Sky Sports Main Event
The WNBA fixture.

BOXING

LIVE Zuffa Boxing Prelims
Sun 10pm Sky Sports Main Event & Sky Sports Action

LIVE Edgar Berlanga v Steven Butler
Sun 1am Sky Sports Main Event & Sky Sports Action

COMBAT SPORTS

LIVE Fight Night Prelims
Sat 3pm TNT Sports 3

LIVE Magomed Ankalaev v Khalil Rountree Jr
Sat 5pm TNT Sports 3

COMMONWEALTH GAMES

LIVE Day Two
Sat 8.30am & 6pm TNT Sports 2
Events staged in Glasgow. See p28.

LIVE Swimming & Para Swimming
Sat 6.45pm TNT Sports 4

LIVE Day Three
Sun 8.30am & 6pm TNT Sports 2

LIVE Wales v Scotland
Sun 9am TNT Sports 4
The netball match at The Hydro.

LIVE Australia v England
Sun 10.45am TNT Sports 4
The netball game at The Hydro.

LIVE Artistic Gymnastics
Sun & Mon 1.30pm TNT Sports 3

LIVE Day Four
Mon 8.30am & 6pm TNT Sports 2

LIVE Athletics & Para Athletics
Mon 9.45am, Tue & Wed 9.45am & 6.15pm, Fri 6.15pm TNT Sports 3

LIVE Day Five
Tue 8.30am & 6pm TNT Sports 2

LIVE Day Six
Wed 8.30am & 6pm TNT Sports 2

LIVE Day Seven
Thu 8.30am & 6pm TNT Sports 2

LIVE Weightlifting
Thu 1.45pm TNT Sports 3

LIVE Track Cycling & Para Track Cycling
Thu 4.30pm TNT Sports 3

LIVE Jamaica v Wales
Thu 7pm TNT Sports 3
The netball match at The Hydro.

LIVE England v South Africa
Thu 8.45pm TNT Sports 3
The netball game at The Hydro.

LIVE Day Eight
Fri 8.30am & 6pm TNT Sports 2

LIVE Boxing
Fri 6.45pm TNT Sports 4

CRICKET

LIVE Sunrisers Leeds Women v Southern Brave Women
Sat 10.45am Sky Sports Cricket & 11am Sky Sports Main Event (play starts 11am) The Hundred game staged at Headingley, Leeds.

LIVE Sunrisers Leeds Men v Southern Brave Men
Sat 2.15pm Sky Sports Cricket & Sky One (play starts 2.30pm) The Hundred match at Headingley.

LIVE Welsh Fire Women v MI London Women
Sat 2.25pm Sky Sports Mix (play starts 2.30pm) The Hundred fixture at Sophia Gardens in Cardiff.

LIVE Welsh Fire Men v MI London Men
Sat 5.30pm Sky Sports Main Event & Sky Sports Cricket (play starts 6pm) The Hundred match at Sophia Gardens in Cardiff.

LIVE West Indies v Pakistan
Sat 6pm, Tue & Wed 2.30pm TNT Sports 1; Sun 6pm TNT Sports 3; Mon 2.30pm TNT Sports 4
Days one to five of the first Test held at Brian Lara Cricket Academy.

LIVE Manchester Super Giants Women v Birmingham Phoenix Women
Sun 10.45am Sky Sports Cricket & Sky One, 11am Sky Sports Main Event (play starts 11am) The Hundred game staged at Emirates Old Trafford, Manchester.

LIVE Manchester Super Giants Men v Birmingham Phoenix Men
Sun 2pm Sky Sports Cricket (play starts 2.30pm) The Hundred match from Emirates Old Trafford.

LIVE Trent Rockets Women v London Spirit Women
Sun 2.15pm BBC2 (not N Ireland) & 2.25pm Sky Sports Mix (play starts 2.30pm) The Hundred game at Trent Bridge in Nottingham.

LIVE Trent Rockets Men v London Spirit Men
Sun 5.30pm Sky Sports Main Event, Sky Sports Cricket & Sky Sports Mix, 6pm BBC2 (play starts 6pm) The Hundred match at Trent Bridge.

LIVE Southern Brave Women v MI London Women
Mon 2.45pm Sky Sports Cricket & 3pm Sky Sports Main Event (play starts 3pm) The Hundred match at Utilita Bowl, Southampton.

LIVE Southern Brave Men v MI London Men
Mon 6pm Sky Sports Main Event & Sky Sports Cricket (play starts 6.30pm) The Hundred game at Utilita Bowl, Southampton.

LIVE Sunrisers Leeds Women v Manchester Super Giants Women
Tue 2.45pm Sky Sports Cricket & 3pm Sky Sports Main Event (play starts 3pm) The Hundred fixture from Headingley, Leeds.

LIVE Sunrisers Leeds Men v Manchester Super Giants Men
Tue 6pm Sky Sports Main Event & Sky Sports Cricket (play starts 6.30pm) The Hundred match held at Headingley, Leeds.

LIVE Welsh Fire Women v Trent Rockets Women
Wed 11.15am Sky Sports Cricket & 11.30am Sky Sports Main Event (play starts 11.30am) The Hundred match from Sophia Gardens, Cardiff.

LIVE Welsh Fire Men v Trent Rockets Men
Wed 2.30pm Sky Sports Main Event & Sky Sports Cricket (play starts 3pm) The Hundred game at Sophia Gardens, Cardiff.

LIVE MI London Women v London Spirit Women
Wed 2.55pm Sky Sports+ & Sky Sports Mix (play starts 3pm) The Hundred match at Kia Oval.

LIVE MI London Men v London Spirit Men
Wed 6pm Sky Sports Main Event & Sky Sports Cricket (play starts 6.30pm) The Hundred match staged at Kia Oval, London.

LIVE Southern Brave Women v Birmingham Phoenix Women
Thu 2.45pm Sky Sports Cricket (play starts 3pm) The Hundred match at Utilita Bowl, Southampton.

LIVE Southern Brave Men v Birmingham Phoenix Men
Thu 6pm Sky Sports Cricket & 7pm Sky Sports Main Event (play starts 6.30pm) The Hundred fixture at Utilita Bowl, Southampton.

LIVE Manchester Super Giants Women v Trent Rockets Women
Fri 2.45pm Sky Sports Cricket (play starts 3pm) The Hundred match from Emirates Old Trafford.

LIVE Manchester Super Giants Men v Trent Rockets Men
Fri 6pm Sky Sports Cricket & Sky One (play starts 6.30pm) The Hundred match staged at Emirates Old Trafford, Manchester.

CYCLING

LIVE Tour de France
Sat 10am & Sun 2.30pm TNT Sports 1; Sat 11am & Sun 3.25pm S4C
Stages 20 and 21. See p29.

LIVE Tour of Poland
Sat 1.30pm TNT Sports 3; Sun 1.15pm TNT Sports 1

LIVE Tour of Ain
Tue & Wed 1.30pm TNT Sports 3; Thu 1.30pm TNT Sports 1

LIVE Tour of Denmark
Wed 3.15pm & Fri 2.45pm TNT Sports 3; Thu 3.15pm TNT Sports 1

DARTS

LIVE World Matchplay
Sat 7.30pm Sky Sports Action & 9pm Sky Sports Main Event
Semi-finals held at Winter Gardens.

LIVE Women's World Matchplay
Sun 1pm Sky Sports Action
From Winter Gardens in Blackpool.

LIVE World Matchplay Darts
Sun 7.30pm Sky Sports Main Event & Sky Sports Action
The final at Winter Gardens.

FENCING

LIVE World Championship
Sun 11am, Tue 10am, Wed 9.30am & Thu 8am TNT Sports 1; Mon 11am TNT Sports 4

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GAELIC GAMES

LIVE Kerry v Mayo
Sun 3pm BBC2 (N Ireland only)

GOLF

LIVE LIV Golf
Sat & Sun 12.30pm TNT Sports 4
The third and fourth days of the 10th round of the season at JCB Golf and Country Club in Rocester, Uttoxeter.

LIVE Women's Scottish Open
Sat 1pm & Sun 12noon Sky Sports Golf
Days three and four staged at Dundonald Links in Irvine, Ayrshire.

LIVE Senior Open Championship
Sat & Sun 1.30pm Sky Sports+; Sat 5pm & Sun 4pm Sky Sports Golf
Days three and four at Gleneagles in Auchterarder, Perthshire.

LIVE 3M Open
Sat & Sun 7pm Sky Sports Golf
Days three and four held at TPC Twin Cities in Blaine, Minnesota.

LIVE Women's Open
Thu 9am Sky Sports Main Event & Sky Sports Golf
The opening day from Royal Lytham & St Annes Golf Club. See p29.

LIVE Rocket Classic
Thu & Fri 7pm Sky Sports Golf; Thu 9.30pm Sky Sports Main Event
The first and second days at the Detroit Golf Club in Michigan.

LIVE Women's Open
Fri 9am Sky Sports Main Event & Sky Sports Golf
Day two from Royal Lytham & St Annes Golf Club in Lancashire.

HORSE RACING

LIVE Ascot
Sat 1.15pm ITV1

LIVE Glorious Goodwood
Tue-Fri 1.30pm ITV1
Days one to four. See p29.

MOTORCYCLING

LIVE Dackarna v Vastervik
Tue 7.55pm Premier Sports 2

MOTORSPORT

LIVE Formula E
Sat 7.30am TNT Sports 1
Tokyo ePrix first qualifying session.

LIVE Formula 3
Sat 9am Sky Sports F1
Hungarian Grand Prix sprint race.

LIVE Formula E
Sat 11am TNT Sports 3 & ITV4
The Tokyo ePrix opening race.

LIVE Formula 1
Sat 11.15am Sky Sports F1
The Hungarian Grand Prix third practice session at Hungaroring.

LIVE Formula 2
Sat 1.10pm Sky Sports F1 & 1.30pm Sky Sports Main Event
The Hungarian Grand Prix sprint race from Hungaroring in Mogyoród.

LIVE Formula 1
Sat 2.15pm Sky Sports Main Event & Sky Sports F1
The Hungarian Grand Prix qualifying session at Hungaroring in Mogyoród.

LIVE Formula E
Sat 5.30am TNT Sports 3
The Tokyo ePrix third free practice.

LIVE Formula E
Sun 7.30am TNT Sports 3
The Tokyo ePrix qualifying session staged at the Tokyo Street Circuit.

LIVE Formula 3
Sun 7.35am Sky Sports F1
Hungarian Grand Prix feature race.

LIVE Porsche Supercup
Sun 9.05am Sky Sports F1

LIVE Formula 2
Sun 10.20am Sky Sports F1
Hungarian Grand Prix feature race.

LIVE Formula E
Sun 11am TNT Sports 3
The Tokyo ePrix second race staged at the Tokyo Street Circuit.

LIVE British Touring Car Championship
Sun 11am ITV4
Races held at Thruxton Circuit.

LIVE Formula 1
Sun 12.30pm Sky Sports Main Event & Sky Sports F1
The Hungarian Grand Prix, the 11th round of the season staged at Hungaroring in Mogyoród. See p29.

LIVE NASCAR
Sun 6pm Premier Sports 1
The Brickyard 400 at Indianapolis Motor Speedway in Indiana.

LIVE World Rally Championship
Thu 6pm TNT Sports 4; Fri 6.30am, 12.15pm & 4pm TNT Sports 1
Rally Finland special stages one to 10.

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 3
The Group Seven matches in the Champions League tournament.

RUGBY LEAGUE

LIVE Canterbury-Bankstown Bulldogs v St George Illawarra Dragons
Sat 6.15am Sky Sports Mix (kick-off 6.15am) The NRLW match staged at Accor Stadium, Sydney.

LIVE North Queensland Cowboys v Gold Coast Titans
Sat 8.15am Sky Sports Mix (kick-off 8.15am) NRLW game at Queensland Country Bank Stadium.

LIVE Canterbury-Bankstown Bulldogs v New Zealand Warriors
Sat 8.30am Sky Sports Action & Sky Sports+ (kick-off 8.30am) The NRL match at Accor Stadium.

LIVE Halifax Panthers v Leeds Rhinos
Sat 2.45pm BBC Red Button
The Wheelchair Challenge Cup final held at Robin Park Leisure Centre.

LIVE Leigh Leopards v Warrington Wolves
Sat 5.15pm BBC2 (kick-off 5.30pm) The Super League match staged at Leigh Sports Village.

LIVE Parramatta Eels v New Zealand Warriors
Sat 3am Sky Sports Mix (kick-off 3am) The NRLW match at Eric Tweedale Stadium in Sydney.

LIVE Brisbane Broncos v Newcastle Knights
Sat 4.45am Sky Sports Mix (kick-off 4.45am) The NRLW match held at Totally Workwear Stadium.

LIVE Manly-Warringah Sea Eagles v Cronulla-Sutherland Sharks
Sun 7.05am Sky Sports Action & Sky Sports+ (kick-off 7.05pm) The NRL match in the 21st round of fixtures at Brookvale Oval in Sydney.

LIVE Wests Tigers v Sydney Roosters
Sun 9.15am Sky Sports Mix (kick-off 9.15am) The NRLW match from the fourth round of fixtures held at Leichhardt Oval in Sydney.

LIVE North Queensland Cowboys v Sydney Roosters
Thu 10.50am Sky Sports Action & Sky Sports+ (kick-off10.50am) The NRL match from the 22nd round of fixtures at Queensland Country Bank Stadium in Townsville.

LIVE Melbourne Storm v Canterbury Bulldogs
Fri 11am Sky Sports Action & Sky Sports+ (kick-off11am) The NRL match from the 22nd round of the season at AAMI Park.

LIVE Leigh Leopards v Wigan Warriors
Fri 7.30pm Sky Sports Action & Sky Sports+ (kick-off 8pm) The Super League match from the 21st round of fixtures staged at Leigh Sports Village.

LIVE Cronulla-Sutherland Sharks v Wests Tigers
Fri 2.35am Sky Sports Mix (kick-off 2.35am) The NRLW match in the fourth round of fixtures at Geohex Park in Wagga Wagga.

LIVE St George Illawarra Dragons v Sydney Roosters
Fri 4.25am Sky Sports Mix (kick-off 4.25am) The NRLW match in the fourth round of fixtures at Geohex Park in Wagga Wagga.

SAILING

LIVE SailGP
Sat 4.30pm TNT Sports 1; Sun 4.30pm TNT Sports 3
Days one and two of the Great Britain Grand Prix in Portsmouth.

TENNIS

LIVE ATP Austrian Open
Sat 12noon Sky Sports Tennis
The final of the ATP 250 event staged at Tennis Stadium Kitzbühel.

LIVE WTA & ATP Tours
Sat 2pm Sky Sports Tennis
Featuring the ATP Austrian Open, ATP Estoril Open, WTA Hamburg Open and WTA Prague Open.

LIVE ATP Estoril Open
Sat 5.30pm Sky Sports Tennis; Sun 5.30pm Sky Sports Tennis
The final of the ATP 250 event, a clay-court tournament staged at Clube de Tênis do Estoril in Portugal.

LIVE WTA Prague Open and Hamburg Open
Sun 1pm Sky Sports Tennis
The finals of the WTA 250 events staged at TK Sparta Prague and Am Rothenbaum respectively.

LIVE Washington DC Open
Mon & Tue 4pm, Wed 6pm, Thu 5pm, Fri 5pm & 10.15pm Sky Sports+; Mon-Thu 4pm, Fri 5pm Sky Sports Tennis; Mon-Thu 11pm, Fri 10.30pm Sky Sports Main Event
The WTA 500 and ATP 500 events held at William H.G. FitzGerald Tennis Center in the USA.

LIVE WTA & ATP Tours
Mon-Fri 2am Sky Sports Tennis & Sky Sports Main Event

LIVE Los Cabos Open
Mon & Tue 3am, Wed-Fri 3.30am Sky Sports Tennis
The ATP 250 event staged at Cabo Sports Complex in Mexico.

LIVE FRIENDLY

Wrexham v Leeds United

Saturday, kick-off 12.30am, Premier Sports 2

A host of teams are heading to the USA for pre-season tours, with Leeds United's World Cup stars Ao Tanaka, Gabriel Gudmundsson, Brenden Aaronson and Noah Okafor set to feature against Wrexham in Tampa late on Saturday.

LIVE SCOTTISH PREMIERSHIP

Dundee United v Rangers

Fri, kick-off 8pm, Sky Football & Sky Sports Main Event

As the Scottish Premiership season kicks off at Tannadice Park, Rangers have brought in a raft of signings: Lawrence Shankland and Cammy Devlin from Hearts, and Ben Godfrey on loan from Atalanta.

Saturday 25

LIVE Bayer Leverkusen v Offenbacher
1.55pm Premier Sports 1 (kick-off 2.30pm)
Pre-season friendly at BayArena.

LIVE River Plate v Barracas Central
11.10pm Premier Sports 1 (kick-off 11.15pm)
The Argentine Primera Division match at Estadio Mas Monumental.

LIVE New York Red Bulls v Charlotte FC
11.30pm Apple TV (kick-off 11.30pm) MLS match.

LIVE Columbus Crew v FC Cincinnati
12m't Apple TV (kick-off 12m't)
The MLS match staged at ScottsMiracle-Gro Field.

LIVE Wrexham v Leeds United
12.25am Premier Sports 2 (kick-off 12.30am)
The pre-season friendly from Raymond James Stadium in Florida.

Sunday 26

LIVE St Mirren v Dunfermline
2.45pm Premier Sports 1 (kick-off 3pm)
The Premier Sports Cup Group C fixture from The SMISA Stadium.

LIVE Karlsruher SC v Inter Milan
3.25pm Premier Sports 2 (kick-off 3.30pm)
The pre-season friendly staged at BBBank Wildpark.

LIVE Cruzeiro v Botafogo
7.55pm Premier Sports 2 (kick-off 8pm)
The Brasileiro Serie A game from Governador Magalhaes Pinto.

LIVE San Diego Wave FC v Seattle Reign
10pm TNT Sports 4 (kick-off 10pm) The NWSL match from Snapdragon Stadium.

LIVE Gremio v Fluminense
10.25pm Premier Sports 2 (kick-off 10.30pm)
The Brasileiro Serie A match staged at Arena do Gremio.

LIVE Deportivo Riestra v Boca Juniors
11.25pm Premier Sports 1 (kick-off 11.30pm)
The Argentine Primera Division fixture at Estadio Guillermo Laza.

Tuesday 28

LIVE Rosario Central v Racing
1.10am Premier Sports 2 (kick-off 1.15am)
The Argentine Primera Division match from Gigante de Arroyito.

Wednesday 29

LIVE Real Betis v Lyon
7.25pm Premier Sports 1
The pre-season friendly staged at Estadio La Cartuja.

LIVE Internacional v Flamengo
11.25pm Premier Sports 2 (kick-off 11.30pm)
The Brasileiro Serie A match staged at Estadio Beira-Rio.

LIVE Utah Royals FC v Washington Spirit
2am TNT Sports 3 (kick-off 2am)
The NWSL match from America First Field in Sandy, Utah.

Thursday 30

LIVE Leeds United v Sunderland
12.25am Premier Sports 2 (kick-off 12.30am)
The pre-season friendly at Sports Illustrated Stadium in New Jersey.

Friday 31

LIVE Dundee United v Rangers
7pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The Scottish Premiership match from Tannadice Park, as the new season gets under way. The visitors had a disappointing season last year as they finished third in the league after having to sack manager Russell Martin in October, with the Englishman lasting just 17 games in charge. Their hosts will be looking for a more promising season as well after finishing seventh in the table.

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Saturday

25 July

Planner

Ghosts Australia

COMEDY BBC3, 10.30pm (box set, BBC iPlayer)

The sitcom gets an Aussie makeover, with couple Kate and Sean inheriting Ramshead Manor in the outback that has come complete with an array of ghoulish residents, including an English naval officer and a 1980s aerobics instructor.

Commonwealth Games

SPORT BBC Alba, TNT Sports & HBO Max

Highlights to watch out for on day two of the games will include England's men's 3x3 basketball team starting the defence of their title and the women's team final in the artistic gymnastics, while powerhouse swimmer Adam Ramsay-Peaty will be on the hunt for gold in the men's 100m breaststroke.

Lurker

THRILLER

Sky Premiere, 6.15pm

Writer-producer Alex Russell (*The Bear*, *Beef*) makes his directorial debut with this thriller about a young man (Théodore Pellerin, right), who develops an obsession with a rising music star (Archie Madekwe).

Anthony Joshua v Kristian Prenga

BOXING DAZN PPN, coverage from 8pm

AJ's comeback fight is this heavyweight clash with Albanian knockout master Prenga in Riyadh, Saudi Arabia. Next on the cards for Joshua is a big-draw bout with Tyson Fury, scheduled for November.

Saturday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.40 Alan...	7.25 Michael McIntyre's Big Show		8.25 Pointless Celebrities		9.10 Casualty	10.00 News	10.20 Film: Gladiator
	102 BBC2	‹ 5.15 Rugby...	7.30 Evolution		8.30 Bonnie Tyler at the BBC		9.30 TOTP: Big Hits 2002		10.30 TOTP: The...
	103 ITV1	7.00 Deal or No Deal: Celebrity Special		8.00 Who Wants to Be a Millionaire?			9.15 The Staircase		
	104 CHANNEL 4	‹ 6.30 The Piano	7.30 F1: Hungarian Grand Prix Qualifying Highlights			9.00 Film: Gran Turismo			
	105 5	7.00 Tour de France		8.00 Sussex: Jewel of the South Coast		9.00 Prince George at 13: The Next Generation			10.30 Commonwealth...
	106 SKY ONE	‹ 5.30 F1...	7.30 Ted's Notebook	8.00 Rob & Romesh vs UFC		9.00 Film: The Equalizer			
ENTERTAINMENT	115 BBC3	7.00 Doctor Who			8.30 Not Going Out		9.30 Mrs Brown's Boys		10.30 Ghosts Australia
	116 BBC4		7.05 Life on Earth	8.00 Voyages of Discovery		9.00 The Sentinels		10.25 Film: Monster	
	118 ITV2	‹ 5.45 Film: Daddy's Home 2		7.50 Film: Pacific Rim: Uprising				10.00 Love Island: Unseen Bits	
	136 MORE4	‹ 6.55 Four in a Bed				9.00 24 Hours in A&E			
	135 E4	‹ 5.40 Film: Deep Impact		8.00 Supercruising: Life at Sea		9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Blue Bloods		10.00 Fire Country	
	108 SKY ATLANTIC	7.00 The Gilded Age				9.00 The Five-Star Weekend			10.40 All...
	110 U&GOLD		7.10 Only Fools and Horses						
	111 U&DAVE	7.00 Would I Lie to You?			8.20 Would I Lie to You?	9.00 QI			
	119 ITV3	‹ 6.00 Midsomer Murders						10.00 Vera	
	120 ITV4	‹ 6.45 Sharpe				9.00 Film: Top Gun			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Jerry Maguire			
	145 SKY SCI-FI	7.00 Star Trek: Voyager				9.00 Stargate Universe			
	143 U&DRAMA	7.00 The Brokenwood Mysteries				9.00 The Count of Monte Cristo			10.10 Outrageous
	109 U&ALIBI	7.00 Death in Paradise		8.00 Father Brown		9.00 Death in Paradise		10.00 Father Brown	
	122 SKY ARTS	‹ 5.05 The Hollies...	7.30 Eric Clapton's Crossroads Live In LA					10.00 Blue Wild Angel: Jimi Hendrix at the...	
	132 U&W	7.00 Ambulance Australia				9.00 Gavin & Stacey			
DOCUMENTARY	125 DISCOVERY	7.00 The Woodland Workshop		8.00 Maine Cabin Masters		9.00 Naked and Afraid: Global Showdown			
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 Alaskan Bush People: Book of Ami		10.00 Tanked	
	129 NAT GEO	7.00 Planes that Changed History		8.00 Car S.O.S.				10.00 Engineering Europe	
	123 SKY HISTORY	7.00 Colosseum				9.00 Odysseus Returns			
	155 U&YESTERDAY	7.00 Bangers & Cash							
	114 SKY DOCS	‹ 6.50 Belushi				9.00 Rik Mayall: Magnificent B'stard			

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition With guest Nick Knowles. (S)
11.30 **Anna Haugh's Big Irish Food Tour** A visit to Portrush. (S)(R)
12.00 NOON **Homes Under the Hammer** From Cornwall. (S)(R)
1.00 PM **BBC News** (S)
1.15 **Bargain Hunt** (S)(R)
2.15 **Money for Nothing** (S)(R)
3.00 **Escape to the Country** (S)(R)
3.50 FILM **Night at the Museum** Fantasy comedy adventure. (S)(AD) (2006, PG, 105min) ★★★★
5.35 **BBC News** (S)
5.45 **Local News** (S)
5.55 NEW SERIES **The Hit List Celebrity Special** 1/9. La Voix, Jenny Ryan, Rav Wilding, Chesney Hawkes, Fatiha El-Ghorri and Harriet Kemsley take part. (S)

6.40 Alan Carr's Picture Slam

6 PM

6.40 Alan Carr's Picture Slam New edition 2/9. Game show in which contestants Olivia and Danny, Will and Charmain, and Sharon and Lucy have to identify a board full of images, with a chance of winning up to £10,000. (S)

7 PM

7.25 Michael McIntyre's Big Show Actor Michael Sheen hands over his phone for Send to All, and singer Olly Murs helps pull off an ambitious surprise for an unsuspecting fan. Plus music from Craig David. (S)(R)

8 PM

8.25 Pointless Celebrities General knowledge quiz, with Larry Dean, Holly Walsh, Jessica Fostekew, Morgan Lake, Ashleigh Nelson, Beatie Edney and Michelle Collins. (S)(R)

9 PM

9.10 Casualty *Lethal Legacy – Part Twelve:* Flynn faces a moral dilemma when he is called out to an army barracks, where an active shooter is on the loose and Bard has been targeted. (S)(AD)

10 PM

10.00 BBC News (S)
10.20 FILM Gladiator Director Ridley Scott's historical epic starring Russell Crowe and Joaquin Phoenix. A betrayed Roman general becomes a gladiator, intent on avenging his murdered family. With Connie Nielsen, Oliver Reed, Richard Harris, Derek Jacobi and Djimon Hounsou. (S) (2000, 15, 145min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.45 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.50 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **Children's Programmes**
8.55 **Gardeners' World** (S)(R)
9.55 **This Wild Life** (S)(R)
10.25 FILM **Funeral in Berlin** Spy thriller sequel starring Michael Caine. (S) (1966, PG, 100min) ★★★
12.05 PM **The Great British Sewing Bee** 2/10. Prints and colours. (S)(R)(AD)
1.05 FILM **High Society** Vintage romantic comedy with Bing Crosby. (S) (1956, U, 105min) ★★★★★
2.50 FILM **Casablanca** Vintage romance starring Humphrey Bogart and Ingrid Bergman. (S)(AD) (1942, b/w, U, 100min) ★★★★★
4.30 **Flog It!** From Guildford. (S)(R)
5.15 LIVE **Rugby League: Super League** Leigh Leopards v Warrington Wolves: The top-flight match from the Progress with Unity Stadium. Kick-off at 5.30. (S)

8.30 Bonnie Tyler at the BBC

LIVE **Rugby League: Super League** (started at 5.15pm)

7.30 Evolution 2/5. Chris Packham tells the story of how the ostrich came to lay the biggest egg on Earth, exploring the surprising evolutionary origins of sex, eggs and birds. (S)(R)(AD)

8.30 NEW Bonnie Tyler at the BBC A tribute to the singer, who died earlier this month, with archive performances of *Lost In France, Holding Out for a Hero, It's a Heartache* and *Total Eclipse of the Heart*. (S)

9.30 NEW TOTP: Big Hits 2002 Featuring appearances by Pink, The Coral, Oasis, Will Young, Sugababes, Atomic Kitten, Red Hot Chili Peppers, Avril Lavigne, Badly Drawn Boy, Girls Aloud, Daniel Bedingfield and Enrique Iglesias. (S)

10.30 NEW TOTP: The Story of 2002 Mel Giedroyc narrates a musical review of the year, with contributions from Sugababes, Girls Aloud, Vanessa Carlton, Liberty X, The Hives, Frankie Bridge and Gareth Gates. (S)

11.30 Red Hot Chili Peppers: Top of the Pops Special A 2006 concert by the band in front of Television Centre. (S)(R)
12.00 M'T **Girls Aloud at the BBC** (S)(R)
1.00 AM **Coldplay: Best of the BBC** Archive performances. (S)(R)
2.05 **Sign Zone: Who Do You Think You Are?** With Toby Jones. (S)(R)(AD)
3.05 **to 6.25** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **James Martin's American Adventure** Santa Cruz. (S)(R)(AD)
7.00 FILM **Diamonds Are Forever** James Bond adventure starring Sean Connery and Jill St John. (S)(AD) (1971, PG, 145min) ★★★
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** With Michael Ball. (S)(R)
12.00 NOON **Prue Leith's Cotswold Kitchen** Alison Hammond. (S)(R)
1.00 PM **ITV News** (S)
1.15 LIVE **Racing** Coverage of today's meetings at Ascot and York. (S)
4.05 FILM **Nanny McPhee** Fantasy comedy starring Emma Thompson. In late-Victorian England, an enigmatic nanny with a magical stick tames the seven mischievous children of a widowed undertaker. (S)(AD) (2004, U, 115min) ★★★★

7.00 Deal or No Deal: Celebrity...

6.00 Tipping Point: Best Ever Finals A compilation of some of the most dramatic endgames. (S)(R)
6.25 ITV News (S)
6.45 Local News (S)

7.00 NEW SERIES Deal or No Deal: Celebrity Special Stephen Mulhern hosts as comedian and actor Guz Khan takes on the infamous Banker for the chance to win a cash prize for charity. (S)(AD)

8.00 Who Wants to Be a Millionaire? Big-prize quiz hosted by Jeremy Clarkson in which another line-up of contestants answer questions that could change their lives. (S)(R)

9.00 ITV News (S)
9.15 NEW TO ITV1 The Staircase *911:* 1/8. Fact-based drama with Colin Firth and Toni Collette. Police investigate when a businesswoman is found dead after reportedly falling down a flight of stairs. (S)(AD)
10.30 The Staircase New episode *Chiroptera:* 2/8. As Michael and his high-powered attorney piece together their defence, a documentary maker shows an interest in the case. *Previously shown on Sky Atlantic.* (S1) (S)(AD)
■ Entire series on ITVX
11.45 Sorry, I Didn't Know With Shazia Mirza, Jessica Fostekew, Charlene White and Stephen K Amos. (S)(R)
12.15 AM **Teleshopping**
3.00 **Nobody's Fool** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.00 **to 6.00** AM **Fern Britton: Inside the Vet's** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.00 AM **The King of Queens** (S)(R)(AD)
7.40 **The Simpsons** (S)(R)(AD)
10.05 **Everybody Loves Raymond** (S)(R)
11.35 **Frasier** 19&20/24. (S2) (S)(R)(AD)
12.35 FILM **Patrick** Family comedy with Beattie Edmondson and Ed Skrein. (S) (2018, PG, 105min) ★★★
2.20 **A New Life in the Sun: Road Trip** Fred Sirieix visits the Orange Blossom coast and the area surrounding Valencia. (S)(R)
3.25 **Four in a Bed** The competition gets under way at The George Inn in the Peak District. (S)(R)
3.55 A visit to Clementine's Guest House in York. (S)(R)
4.25 Haystacks Country Retreats in Birstwith, North Yorkshire. (S)(R)
5.00 The final visit is to Cherry Tree Guest House in Bridlington. (S)(R)
5.30 Payment Day arrives. (S)(R)

9.00 Gran Turismo

6.00 News (S)
6.30 The Piano Claudia Winkleman and Mika are joined by jazz star Jamie Cullum. A last-minute change of location means several of Scotland's amateur pianists have to travel south from Glasgow to London Liverpool Street. (S)(R)(AD)
7.30 F1: Hungarian Grand Prix Qualifying Highlights Host Lee McKenzie is joined by David Coulthard, Alice Powell and Ariana Bravo to present action from the battle for grid positions for the 11th round of the season at Hungaroring in Mogyoród. (S)

9.00 FILM Gran Turismo Fact-based drama starring David Harbour and Archie Madekwe. A 19-year-old beats thousands of other gamers in a competition organised by marketing executive. His prize is an opportunity to prove his worth in the world of real-life racing. With Orlando Bloom. (S) (2023, 12, 160min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.40 FILM The Infernal Machine Mystery thriller starring Guy Pearce, Alice Eve and Alex Pettyfer. (S) (2022, 15, 115min) ★★★
1.35 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
2.25 **The Simpsons** (S)(R)(AD)
4.05 **Location, Location, Location** Catch-up edition in London. (S)(R)
5.00 **to 5.55** AM **Couples Come Dine with Me** From Cheltenham. (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.05 **Entertainment News** (S)
9.15 **Commonwealth Games** (S)(R)
10.05 **Secrets of the Royal Palaces** Double bill of editions. (S)(R)
12.05 PM **Blenheim Palace: Behind the Grandeur** Double bill. (S)(R)
2.05 **The Royals: Uncensored** New edition Debate and insider analysis on the Royal Family. (S)
3.05 **Inside Longleat** Cameras go behind the scenes of the stately home's gardens. (S)(R)(AD)
4.05 The team work against the clock to open the carnival at Longleat for the weekend. (S)(R)
5.00 **The Greatest TV of the '60s** A look at the best programmes of the decade, including clips of *Coronation Street, Monty Python* and *Dad's Army*. (S)(R)

8.00 Sussex: Jewel of the South...

6.55 **News** (S)

7.00 **Tour de France** Rebecca Charlton presents action from the 20th and penultimate stage of the race, a 170.9km mountainous route from Le Bourg d'Oisans to Alpe d'Huez. (S)

8.00 NEW SERIES **Sussex: Jewel of the South Coast** 1/5. Celebrating the historic county, exploring the people, places and traditions that make this area of south-east England unique. (S)

9.00 NEW **Prince George at 13: The Next Generation** The key moments that have shaped Prince George's life, from his first steps onto the world stage to the subtle ways he is already challenging royal norms. (S)(AD)

10.30 **Commonwealth Games** Highlights from the second day in Glasgow, including boxing, artistic gymnastics, and 3x3 basketball. (S)

11.30 **The 70s: Everything We Loved & Lost** (S)(R)
12.50 AM **Entertainment News** (S)
1.00 **Teleshopping** (S)(R)
2.00 **Murder Scene: The Incident Room** Documentary. (S)(R)
2.50 **Jersey and Guernsey** (S)(R)
3.45 **Friends** (S8) (S)(R)(AD)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Hawaii Five-0** (S6) (S)(R)
8.00 **La Brea** (S2) (S)(R)(AD)
10.00 **Animal Control** 7/9. Frank and Shred take on an aggressive swan. (S)(R)
10.30 8/9. Victoria and Patel's father accidentally kiss. (S)(R)
11.00 9/9. Frank's investigation reaches a conclusion. (S2) (S)(R)
11.30 NEW SERIES 1/10. Frank realises that he needs to break up with Yasmin. (S3) (S)
12.00 NOON **The Simpsons** (S)(R)
2.15 PM LIVE **Cricket: The Hundred** Sunrisers Leeds Men v Southern Brave Men: Coverage of the match at Headingley Cricket Ground. Start-time is at 2.30.
5.30 **F1: Hungarian Grand Prix Qualifying Highlights** From Hungaroring in Mogyoród. (R)

8.00 Rob & Romesh vs UFC

F1: Hungarian Grand Prix Qualifying Highlights (started at 5.30pm)

7.30 **Ted's Notebook** Ted Kravitz reviews the Hungarian Grand Prix qualifying session, the 11th round of the season at Hungaroring in Mogyoród. (R)

8.00 **Rob & Romesh vs UFC** The comedians enter the world of mixed martial arts, visiting the Ultimate Fighting Championship's International Fight Week in Vegas to train with the stars. (S)(R)(AD)

9.00 FILM **The Equalizer** Action thriller starring Denzel Washington, Chloë Grace Moretz and Marton Csokas. An ex-secret agent fights to bring down a crime syndicate after coming to the aid of an abused sex worker. (S) (2014, 15, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.20 **First Blood** A spotlight on serial killer Aileen Wuornos, also infamously known as the 'Damsel of Death'. (S)(R)
1.20 AM **The Force: Manchester** Double bill of the documentary following the work of Greater Manchester Police. (S)(R)
3.10 **Brit Cops: War on Crime** (S)(R)
4.05 **Road Wars** A driver refuses to hand over her details. (S)(R)
5.00 **to 6.00** AM **Highway Patrol**

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
2.15pm Nigel Slater's Dish of the Day (S)(R) **2.20** The Wonder of Animals (S)(R) **2.50** FILM Night at the Museum (S)(AD) (2006, PG, 105min) ★★★★ **4.35** Beyond the Waves: Our Lives (S)(R) **5.05-5.35pm** Workhorse: Our Lives (S)(R)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
4.30pm Suzie Lee's Great Food Made Simple (S)(R) **4.45-5.15pm** Barra's Return of the Wild (S)(R)

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Parc Glan Gwil **10.15** Annibendod **10.25** Garddio a Mwy **11.00** LIVE Seiclo: Tour de France **4.10pm** Cymry ar Gynfas **4.40** Cynefin **5.40** Cyfres Triathlon Cymru **6.45** Newyddion a'r Tywydd **7.00** Ras Yr Wyddfa **8.00** Gemau'r Gymanwlad New edition **10.30** Seiclo: Tour de France **11.00** Carufanio **11.30pm-12.05am** Stiwdio24/7

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **Doctor Who** *Sleep No More:* 9/14. Video recovered from a wrecked space station hides a horrifying secret. **7.45** *Face the Raven:* 10/14. The Doctor discovers a strange alien world hidden in the heart of London. (S9)
8.30 **Not Going Out** 1/7. Lee and Lucy suspect that Anna is having an affair. **9.00** 2/7. Lee enters hospital for surgery. (S13)
9.30 **Mrs Brown's Boys** 4/6. Agnes goes on a diet. **10.00** 5/6. Agnes fears her family are planning to send her to a nursing home. (S2)
10.30 NEW SERIES **Ghosts Australia** 1/8. Supernatural sitcom with Tamala Shelton. *See feature, page 11.* **10.55** New episodes 2/8. Kate begins to accept that the ghosts are real. **11.20** 3/8. Kate's renovation plans are derailed. (S1)
■ Entire series on BBC iPlayer
11.45 **Schitt's Creek** (S2)
12.50 AM **Bluestone 42**
2.20 **to 3.55** AM **Doctor Who**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Four in a Bed**
11.35 **A Place in the Sun**
3.40 PM **Come Dine with Me** Alarm-company owner Bill kicks off a series of dinner parties in Dundee. **4.15** Architectural technician Alex hosts the second night. **4.50** Vegetarian Hannah prepares an Italian feast for her guests in Dundee. **5.20** Self-styled food critic Phil hosts night four. **5.50** On the final night, Kim plans an ambitious menu.
6.25 **Four in a Bed** The contest kicks off at the Harboro Hotel in Melton Mowbray. **6.55** The second visit is to The Nest in Hampshire. **7.25** The third visit of the week is to The Queen's Head Inn in Northamptonshire. **7.55** The fourth visit is to Worlington Hall in Suffolk. **8.30** Payment Day arrives.
9.00 **24 Hours in A&E** A woman is found to have lost five pints of blood after collapsing at home.
10.00 **24 Hours in A&E** A doctor contacts a translator to help look after an 88-year-old patient who speaks very little English.
11.05 **999: On the Front Line**
12.05 AM **Emergency Helicopter Medics**
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Natural World: Tiger Dynasty** Two tigers released into the wild to breed.
7.05 **Life on Earth** A look at the evolution of amphibians.
8.00 **Voyages of Discovery** An expedition to determine the shape of the Earth.
9.00 **The Sentinels** New episodes 5/8. Irène follows a lead on a case involving Mirreau. **9.45** 6/8. The Baron is visited by a German spy who pledges to find Gisèle in exchange for a favour. Subtitled. (S1)
10.25 FILM PREMIERE **Monster** Japanese thriller with Sakura Ando and Kiyo Kurokawa. A boy begins exhibiting strange behaviour. Suspecting bullying at his school, his mother confronts the teacher. (2023, 15, 118min) ★★★★★ *See review, p25.*
12.25 AM **Keeping Up Appearances**
12.55 **One Foot in the Grave**
1.25 **Life on Earth**
2.25 **to 3.20** AM **Voyages of Discovery**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **The Great Australian Bake Off** Spice Week.
7.10 **Ramsay's Kitchen Nightmares USA**
11.15 FILM **Zathura: A Space Adventure** Sci-fi fantasy adventure starring Josh Hutcherson and Jonah Bobo. (2005, PG, 113min) ★★★★
1.10 PM **The Simpsons**
5.40 FILM **Deep Impact** Disaster movie starring Robert Duvall, Téa Leoni and Elijah Wood. (1998, 12, 123min) ★★★★
8.00 **Supercruising: Life at Sea** The MS *Nieuw Statendam* sails solo, with a packed programme of excursions for passengers voyaging across North Africa and Europe.
9.00 **Celebrity Gogglebox** The celebrities appraise *Love Island, Deal or No Deal, Obsession, The Floor US, Lie with Me* and *Mighty Truckers.*
10.00 **Gogglebox** The armchair critics share their opinions on *The Great Celebrity Bake Off for SU2C, Hunted, Anton & Giovanni's Adventures in Spain, One Day* and *Married at First Sight Australia.*
11.05 **Gogglebox** Opinions on the Eurovision Song Contest, *Widow's Bay, Jamie's Ultimate BBQ* and *Trading Places.*
12.05 AM **First Dates**
2.15 **Gogglebox**
4.05 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 | 306 | 30 | 123 | 256

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Sun, Sea and A&E**
8.00 **A1: Britain's Longest Road**
9.00 **UK Border Force**
10.00 **Caught on Dashcam**
12.00 NOON **Caught Red Handed** Police set up a decoy flat to snare thieves who have been tormenting a community. **12.40** PM A person making hoax emergency calls. **1.20** A burglar who left incriminating evidence.
2.00 **Nothing to Declare** Ten editions of the series following the work of customs officers.

9.00 Blue Bloods

7 PM
7.00 Nothing to Declare Officers are concerned about an Indonesian man. **7.30** A drug-runner tries to conceal his stash.

8 PM
8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 Blue Bloods *Heroes:* 7/21. Frank plans to punish a cop for his inaction during an armed robbery. (S13)

10 PM
10.00 Fire Country *Like a Wounded Wildebeest:* 4/20. The crew respond to a call for a rescue at a grain silo. (S4)
11.00 **FBI: International** 3/22. (S2)
12.00 M'T **Law & Order: SVU** (S26)
1.00 AM **The Equalizer** 17/18. (S2)
2.00 **Caught on Dashcam** New edition Road disasters.
3.00 **Road Wars**
4.00 **A1: Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Billions** 8/12. (S4)
9.10 **Gomorrah** 7-12/12. (S4)
3.30 PM **The Gilded Age** 9/9. Ada and Aurora rush to stop Marian from making a huge decision. (S1) **4.45** 1/8. Bertha Russell receives news that her bid for a box at the Academy of Music has been rejected. **6.00** 2/8. Peggy gets welcomed back to 61st Street, while George informs Oscar of his decision. (S2)

8.00 The Gilded Age

7 PM
7.00 The Gilded Age *Head to Head:* 3/8. Peggy offers to cover the Tuskegee story and Ada hosts a luncheon for Mr Forte.

8 PM
8.00 The Gilded Age *His Grace the Duke:* 4/8. Ada asks Marian to cover for her as she continues to see Mr Forte. (S2)

9 PM
9.00 The Five-Star Weekend *Saturday Morning – Shopping in Town:* 3/8. Gigi and Brooke connect. **9.45** *Saturday Afternoon – The Spa:* 4/8. The friends go to a spa. (S1)
10.40 All Her Fault 2/8. Marissa and Jenny work to raise awareness. (S1)

10 PM
11.40 **Deadwood** 3/12. Bullock uncovers the truth about the Gem killings. With Cleo King. **12.40** AM 4/12. Alma Garrett opens Deadwood's first bank. **1.40** 5-7/12. Triple bill. (S3)
4.40 **Sort Of** 3/8. (S2)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Totally Bonkers Guinness World Records**
6.20 **Deal or No Deal**
7.20 **Backyard Builds**
7.50 **Dress to Impress**
9.55 **Deal or No Deal**
11.55 **Wheel of Fortune**
1.00 PM **Celebrity Catchphrase**
2.00 **FILM Ella Enchanted** Fantasy. (2004, PG, 96min) ★★★
4.00 **FILM The Pirates! In an Adventure with Scientists** Animation. (2012, U) ★★★★
5.45 **FILM Daddy's Home 2** Comedy. (2017, 12) ★★★

5.45 Daddy's Home 2

7 PM
7.50 FILM Pacific Rim: Uprising Sci-fi adventure sequel with John Boyega, Scott Eastwood and Cailee Spaeny. The son of a war hero leads a new generation of giant robot pilots against a wave of alien Kaiju creatures. (2018, 12, 111min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM
10.00 Love Island: Unseen Bits New edition Exclusive unseen action from the villa, featuring fun, flirting and falloutts.
11.05 **Family Guy** 9&4/18. (S5)
12.05 AM **American Dad!** (S16&5)
1.05 **G'wed** 7/7. A gunman appears on a retreat. (S3)
1.40 **Plebs** 4/8. (S2)
2.10 **Totally Bonkers Guinness World Records**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
6.35 **Wycliffe** (S3&4)
9.55 **Endeavour** *Raga.*
11.50 **The Darling Buds of May**
2.00 PM **Midsomer Murders** *King's Crystal:* The collapse of a family glassware business leads to murder. **4.00** *The Axeman Cometh:* A veteran rock band's reunion at a festival seems doomed. Guest stars Suzi Quatro. **6.00** *Death and Dust:* A doctor is killed by a hit-and-run driver. Guest stars Stephanie Cole.

11.50 The Darling Buds of May

7 PM
Midsomer Murders (started at 6.00pm)

8 PM
8.00 Midsomer Murders *Picture of Innocence:* A photographer is murdered shortly after exhibiting a compromising picture of Barnaby – who becomes a suspect in the ensuing investigation. Guest stars Liza Goddard.

10 PM
10.00 Vera *Changing Tides:* The detective investigates a suspicious fire that rips through a holiday park on the coast, destroying three cabins and claiming the life of the resort owner's sister.
11.50 **Inspector Morse** *The Infernal Serpent:* A highly respected scientist is murdered.
2.00 **to 2.30** AM **George and Mildred**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **The Big Match Revisited**
7.25 **World Rally Championship**
8.25 **E1 Powerboat Highlights**
9.30 **Racing: The Opening Show**
10.30 **Made in Britain**
11.00 **LIVE Formula E** Coverage of race one of the Tokyo E-Prix held at Tokyo Street Circuit.
1.35 PM **The Motorbike Show**
2.35 **Ice Road Truckers**
3.30 **Ice Road Truckers: Deadliest Roads**
4.30 **Sharpe**

9.00 Top Gun

7 PM
6.45 Sharpe *Sharpe's Company:* 1/3. The return of an old enemy leads to a series of problems, beginning with the loss of Sharpe's hard-earned captaincy, and culminating in a race against time to rescue his lover Teresa and their baby. (S2)

9 PM
9.00 FILM Top Gun Aerial action drama starring Tom Cruise as a hotshot young flier at the US Navy's elite air combat training school. With Kelly McGillis, Val Kilmer and Anthony Edwards. (1986, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.15 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.
1.10 AM **Minder**
2.10 **Two and a Half Men** (S4)
2.35 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Repair Shop on the Road** Following the new generation of stonemasons working on York Minster.
8.00 **Interior Design Masters with Alan Carr** The designers create uplifting spaces at a homelessness charity.
9.00 **Bill Douglas: My Best Friend** The friendship between the film-maker and Peter Jewell.
10.15 **Cumming to the Cabaret** New editions 3/6. Michelle gets a boost of confidence. **10.35** 4/6. The club work to raise funds for a local dog rescue.
11.00 PM **to 12.00** M'T **Susie McCabe: Femme Fatality** A stand-up show at the King's Theatre in Glasgow.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Sort Of** 7/8. (S1)
8.25 **Will & Grace** (S6)
10.00 **Breeders** 1-6/10. (S4)
1.00 PM **Community** (S6)
4.00 **Will & Grace** (S2)
6.30 **The Office (US)** 18/25. Michael and Jan reveal their romance. **7.00** 19/25. Pam's confession causes problems for Jim. **7.30** 20/25. Andy returns to the office hoping to make a fresh start. **8.00** 21/25. Michael calls a press conference. **8.30** 22/25. Michael takes the female staff on a special outing. (S3)
9.00 **John Bishop 25 Tour: Live from Dublin** The comedian marks 25 years since he first stepped onto the stage.
10.45 **Jack Dee: Small World** Stand-up performance.
12.15 AM **Sam Jay: Salute Me or Shoot Me** Stand-up.
1.30 **The Rehearsal** (S1)
3.30 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **English National Ballet in Paris**
7.20 **Gene Kelly: An American in Hollywood**
8.30 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Grand Ole Opry: Opry Live** From Nashville.
2.00 **Discovering: Bill Murray**
3.00 **FILM To Catch a Thief** Romantic Hitchcock comedy thriller. (1955, PG, 102min) ★★★★
5.05 **The Hollies: Look Through Any Window**
7.30 **Eric Clapton's Crossroads Live In LA**
10.00 **Blue Wild Angel: Jimi Hendrix at the Isle of Wight** From 1970.
12.00 M'T **Hendrix: Band of Gypsys** A 1970 concert.
1.15 AM **Classic Artists**
3.35 **Discovering: Neil Young**
4.00 **Phil Collins: Going Back to Detroit**
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security: America's Front Line**
10.00 **Nothing to Declare**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Caught Red Handed**
4.00 **Extreme Animals: One Wild Day**
5.00 **Kalahari: Land of Secret Alliances**
6.00 **Age of the Big Cats**
7.00 **Great Barrier Reef with David Attenborough** The naturalist explores the shark-infested waters of Osprey Reef.
8.00 **FILM Flash Gordon** Sci-fi adventure starring Sam J Jones, Melody Anderson and Topol. (1980, PG, 115min) ★★★
10.00 **Freddie Mercury: The Great Pretender** Profile of the Queen frontman.
12.00 M'T **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **Who Wants to Be a Millionaire?** Quiz hosted by Jeremy Clarkson.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Celebrity Supermarket Sweep** With Martine McCutcheon, Denise Van Outen, Joel Dommett, and Aston and JB Gill.
9.00 **The Chase Celebrity Special** With Danny John-Jules, Yinka Bokinni, Tom Bosworth and Eamonn Holmes.
10.00 **Tipping Point** Triple bill of the game show.
12.55 AM **Tenable** Quiz show.
1.50 **Riddiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Kirstie and Phil's Love It or List It: Brilliant Builds**
9.30 **A Place in the Sun**
11.30 **Come Dine with Me**
2.00 PM **Couples Come Dine with Me** In Cheltenham.
3.00 **George Clarke's Remarkable Renovations**
4.00 **A Place in the Sun: Home or Away**
5.00 **A Place in the Sun**
8.00 **Location, Location, Location** A property search in Cambridgeshire.
9.00 **Grand Designs** A house inspired by American modernist properties.
10.00 **Sarah Millican: Outsider**
11.00 **Big Fat Quiz: Best Bits**
12.05 AM **FILM Polite Society** Action comedy starring Priya Kansara. (2023, 12, 100min) ★★★★
2.05 **Secret Lives of Gypsy Wives** Documentary.
3.05 **Naked Attraction**
4.05 **to 5.00** AM **Celebrity Gogglebox**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** Five episodes, including at: **2.00** PM 5/24. Archer's team are attacked by Vulcans. **3.00** 6/24. A telepath offers to help find the Xindi. (S3)
4.00 **Star Trek: Voyager** 5/26. Paris is persuaded to buy a second-hand space shuttle. **5.00** 6/26. Tuvok suffers severe brain damage. **6.00** 7/26. An alien society awakens from stasis. (S6)

9.00 Stargate Universe

7.00 **Star Trek: Voyager** *One Small Step:* 8/26. Chakotay leads a shuttle crew to retrieve a historic Mars mission spacecraft.
8.00 **Star Trek: Voyager** *The Voyager Conspiracy:* 9/26. Seven develops paranoid tendencies and begins spreading rumours. (S6)
9.00 **Stargate Universe** *Air – Part One:* 1/20. First episode of the sci-fi drama starring Robert Carlyle and Justin Louis.
10.00 **Stargate Universe** *Air – Part Two:* 2/20. The members of the group realise that they must work together. (S1)
11.00 **Stargate Universe** 3/20. The *Destiny*'s air supply begins to dwindle. (S1)
12.00 M'T **Grimm** 9/22. A barbaric ritual is brought to the present. **1.00** AM 10/22. Nick gets the chance to get closer to his ancestors. (S5)
2.00 **The Walking Dead** (S6&7)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S16)
10.00 **Miss Scarlet** 5&6/6. (S6)
12.00 NOON **Death in Paradise**
1.00 PM **Father Brown**
5.00 **Return to Paradise** 5/6. A quiet afternoon game of lawn bowls turns to chaos when a man is killed on the green in broad daylight. **6.00** 6/6. A local man is found dead in his warehouse, and all signs point to suicide. However, Mackenzie uncovers some family secrets that put a new spin on the case. (S1)

6.00 Return to Paradise

7.00 **Death in Paradise** *Murder Most Electric:* 4/8. The discovery of a body leads the team to a hidden world of data mining. (S13)
8.00 **Father Brown** *The Labyrinth of the Minotaur:* Lady Felicia's wayward niece Bunty is suspected of murder.
9.00 **Death in Paradise** *As the Sun Sets:* 5/8. Marlon is attacked while going to help an old friend. (S13)
10.00 **Father Brown** *The Great Train Robbery:* Lady Felicia and Mrs McCarthy are taken hostage when a train robbery goes awry.
11.00 **Father Brown** *The Passing Bell:* A new musical director for the bell-ringers of St Mary's leads to discord, disharmony and the sound of murder.
12.00 M'T **Father Brown**
1.00 AM **Murdoch Mysteries** (S16)
3.00 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Only Fools and Horses** Four episodes of the sitcom.
1.00 PM **Only Fools and Horses** As shown at 7.10pm. **2.20** As shown at 8.30pm. **4.15** As shown at 10.20pm. **5.20** 2/2. Feature-length episode. The Trotter brothers arrive in Florida, and walk straight into disaster after their camper van is burgled and local Mafiosi take a shine to Del Boy, who bears more than a passing resemblance to their boss. Guest stars Bee Gee Barry Gibb.

7.10 Only Fools and Horses

7.10 **Only Fools and Horses** The final part of the 1996 festive trilogy. Raquel's father finds an old watch among the Trotters' junk, which he claims could net them a fortune.
8.30 **Only Fools and Horses** Christmas special from 1989. The Trotter brothers go on a lads' day out to Margate, but things do not turn out as planned, and they end up stranded in the seaside town overnight.
10.20 **Only Fools and Horses** 1/2. Del Boy and Rodney get the chance to leave Peckham behind for a holiday in the Florida sun.
11.30 **Only Fools and Horses**
1.20 AM **Bottom: Exposed** Adrian Edmondson offers a first-hand account of making the hit comedy with Rik Mayall, with contributions from the show's cast, crew and famous fans.
3.15 **to 4.00** AM **Hi-de-Hi!**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.30 AM **Highland Cops**
8.30 **Would I Lie to You?**
1.00 PM **Would I Lie to You? – The Unseen Bits**
1.40 **Would I Lie to You?** Eight editions, including at: **5.00** With Clive Anderson, Jason Manford, Claudia Winkleman and Miranda Hart. **5.40** With Christine Bleakley, Jack Whitehall, Frankie Boyle and Kelvin MacKenzie. **6.20** Davina McCall, Dave Gorman, Janet Street-Porter and Omid Djalili take part.

11.00 Not Going Out

7.00 **Would I Lie to You?** With Chris Hoy, Ronni Ancona, Danny Wallace and Gabby Logan. **7.40** With Trinny Woodall, Reece Shearsmith, Michael Ball and Charlie Brooker.
8.20 **Would I Lie to You? – The Unseen Bits** Highlights from the series.
9.00 **QI** With guests Doon Mackichan, Jimmy Carr and Dara O Briain. **9.40** With Sean Lock, Bill Bailey and Jo Brand.
10.20 **QI** Host Stephen Fry quizzes panellists Alan Davies, Jo Brand, Phil Kay and Rich Hall on birds, bills and brothers.
11.00 **Not Going Out** Lee fails in his bid to buy tickets to see Oasis in concert and blames Lucy.
11.40 **Not Going Out** Double bill.
1.00 AM **Have I Got a Bit More News for You** Jo Brand hosts.
2.00 **QI** With Bill Bailey.
2.40 **to 4.00** AM **Mock the Week**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.10 AM **Birds of a Feather**
9.40 **Jonathan Creek**
12.55 PM **Father Brown**
1.55 **New Tricks** *Romans Ruined:* A Roman sword leads the team to a headless corpse. **3.10** *In Vino Veritas:* The detectives reopen the case of a pub landlord killed in a fire.
4.30 **Miss Marple** *A Caribbean Mystery:* The sleuth is sent to convalesce in Barbados, where she finds life decidedly dull, until a double murder breaks the monotony.

10.10 Outrageous

7.00 **The Brokenwood Mysteries** *Death Has Four Strings:* 5/6. Rehearsals for the Brokenwood Ukulele Orchestra hit a deadly note when their star performer is found dead in his car, strangled by his own instrument. (S12)
9.00 **The Count of Monte Cristo** 7/8. Edmond locates Gaston, Villefort's illegitimate child, who has grown up to be a thief. (S1)
10.10 **Outrageous** *Sparks Light Fires:* 3/6. Nancy gets to work on a new novel, but life becomes stranger than fiction when Unity wants to move to Munich in the hope of meeting her idol, Adolf Hitler. (S1)
11.10 **The Last Detective**
12.45 AM **New Tricks**
2.05 **Birds of a Feather**
2.50 **to 4.00** AM **Darby and Joan**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **Cops** Documentary.
9.30 **Wild Cards** (S1)
11.25 **Blue Bloods** (S4)
4.20 PM **Bull** 11-13/16. (S5)
7.10 **Jesse Stone: No Remorse** Detective thriller starring Tom Selleck. The chief of police has been suspended from the force, but returns to duty to investigate a series of murders in Boston.
9.00 **NCIS** *Close to Home:* Jimmy's daughter finds a bag of money and turns it to Torres. (S22)
10.00 **Law & Order: Special Victims Unit** *Forty-One Witnesses:* 13/23. A woman is raped in full view of her neighbours, who choose to ignore the situation. (S17)
11.00 **Law & Order: Special Victims Unit** (S17)
2.00 **to 3.50** AM **Bull**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S8)
10.00 **Car Pound Cops**
10.30 **Shoplifters: Caught Red Handed** Double bill.
12.30 PM **Nightmare Tenants, Slum Landlords**
6.35 **FILM** **The Second Best Exotic Marigold Hotel** Comedy drama sequel starring Dev Patel and Maggie Smith. (2015, PG, 122min) ★★★
9.00 **FILM** **Crocodile Dundee** Comedy adventure starring Paul Hogan, Linda Kozlowski and John Meillon. (1986, 15, 102min) ★★★★★
10.55 **Piers Morgan: Uncensored**
12.25 AM **X-Rated: Diary of a Stripper**
1.25 **Adults Only: Sexual Healing**
2.20 **Killer at the Crime Scene** Documentary.
3.10 **to 4.00** AM **Shoplifters: Caught Red Handed**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Police Interceptors**
1.55 PM **The Motorway**
4.50 **FILM** **The Westerner** Western starring Gary Cooper and Walter Brennan. (1940, b/w, U, 100min) ★★★★
6.55 **FILM** **The Fighting Kentuckian** Western starring John Wayne and Vera Ralston. (1949, b/w, U, 99min) ★★★
9.00 **Dead Man Walking: Inside Death Row** Dan Walker investigates the realities of capital punishment in the US.
10.30 **The X-Files** *Gethsemane:* 24/24. Scully arrests a former Defence Department employee who tells her an amazing story. (S4) **11.30** *Redux:* 1/20. Mulder kills a government agent who was spying on him. (S5)
12.25 AM **The X-Files** (S5)
3.10 **to 4.00** AM **Highway Thru Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
1.00 PM **999 Rescue Squad** Six editions, including at: **6.00** The team are called to help defuse a bomb in Wakefield.
7.00 **Ambulance Australia** Paramedics Sam and CJ help a woman who is having a diabetic seizure. **8.00** Paramedics Rachel and Ben treat a man who has a burning pain in his eyes.
9.00 **Gavin & Stacey** The happy couple return from their honeymoon. **9.40** Gavin sets out to help Smithy accept his responsibilities. **10.20** Smithy and Nessa visit the hospital for an ultrasound scan.
11.00 **The Catherine Tate Show** Triple bill of the comedy sketch show.
12.55 **to 3.00** AM **Preaching Evil: A Wife on the Run with Warren Jeffs**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 **Abandoned Engineering**
8.00 **Secrets of the London Underground**
12.00 NOON **Flipping Bangers** Double bill.
2.00 PM **Planet Earth III**
5.00 **Seven Worlds, One Planet** Double bill.
7.00 **Bangers & Cash** Jack's baby Max makes his podium debut with great grandad Derek. **8.00** Derek acquires a collection of pre and post war classics, including a Vincent Rapide. **9.00** Derek picks up a Mark 1 Cortina. **10.00** Charlie picks up a Vauxhall Viva from a man who has owned it for over half a century.
11.00 **Bangers & Cash: Restoring Classics**
2.00 **to 3.00** AM **Great British Railway Journeys**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** Jurassic Coast.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Double bill.
12.00 NOON **The Repair Shop** Seven editions.
7.00 PM **The Repair Shop** The team give a new lease of life to a 100-year-old shipping log. **8.00** The experts are entranced by a three-dimensional portrait of a Hindu goddess.
9.00 **Death Walker with Nick Groff** New edition A visit to the Miller Mackey House in New York, where activity points to a haunting that may go beyond former residents.
10.00 **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

SATURDAY Entertainment

Saturday

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
9.00 **Little House on the Prairie** 13-17/25. (S1)
2.00 PM **Little House on the Prairie** 18-22/25. (S1)
7.00 **The Waltons** (S4)
9.00 **FILM Arachnophobia** Horror thriller starring Jeff Daniels as a California town doctor battling against an infestation of deadly spiders. With John Goodman and Harley Jane Kozak. (1990, PG, 106min) ★★★
11.20 **FILM Mr Brooks** Darkly comic thriller starring Kevin Costner, Demi Moore and William Hurt. A wealthy businessman has an evil alter ego with a taste for murder. (2007, 18, 120min) ★★★★
1.40 AM **Rising Damp**
2.35 **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM **Wanted: Dead or Alive** 1/36. (S1)
9.50 **FILM The Doolins of Oklahoma** Western. (1949, b/w, U) ★★
11.50 **FILM Any Gun Can Play** Western. (1967, 12) ★★
2.00 PM **FILM The Cruel Sea** War drama. (1952, b/w, PG, 124min) ★★★★
4.50 **FILM Shadow Wolves** Drama. (2019, 15) ★★
6.45 **FILM The Expatriate** Action thriller starring Aaron Eckhart. (2012, 15, 100min) ★★★
9.00 **FILM Without Remorse** Action thriller starring Michael B Jordan. (2021, 15, 109min) ★★
11.25 **FILM First Kill** Thriller. (2017, 15, 97min) ★★
1.35 AM **Dragon Ball Super**
2.35 **Coast Guard Alaska**
3.30 **FILM NYC: Tornado Terror** Disaster movie. (2008, PG, 90min) ★★
5.00 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.00 AM **Air Rescue**
8.30 **Diagnosis Murder**
9.30 **FILM Lost Letter Mysteries for Christmas** Comedy. (2014, PG) ★★
11.25 **FILM From Paris with Love** (2015, PG) ★★
1.20 PM **FILM Mortal Mishaps** Crime drama. (2018, PG, 85min) ★★
3.15 **FILM Murder on the Menu** (2018, PG) ★★
5.10 **FILM Countdown to Murder** Mystery drama. (2019, PG, 83min) ★★
7.05 **FILM Death by Design** Drama. (2019, PG) ★★
9.00 **FILM Poisoned In Paradise** Crime thriller. (2021, PG, 84min) ★★
10.55 **FILM The Julius House** Thriller. (2016, PG) ★★
12.45 AM **FILM The Ex Next Door** (2019, PG) ★★
2.20 **FILM A Date to Die For** Thriller. (2015, PG) ★★
4.00 **to 5.00** AM **Diagnosis Murder**

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM **FILM Love on the Rise** (2020, U) ★★
10.10 **FILM A Wish Come True** Romantic drama. (2015, PG, 85min) ★★
12.00 NOON **FILM Love By Design** Romantic drama. (2023, PG, 84min) ★★
1.55 PM **FILM The Wish Swap** Romantic fantasy. (2025, PG, 84min) ★★
3.45 **FILM Loving Every Minute** Fantasy drama. (2022, U, 86min) ★★
5.45 **FILM Love Strikes Twice** Romantic drama. (2017, PG, 90min) ★★
7.40 **FILM Rip in Time** Drama. (2022, PG, 84min) ★★
9.30 **FILM Love on Repeat** Romantic comedy. (2019, PG, 81min) ★★
11.30 **FILM When Love Came to Town** Comedy. (2014, PG, 90min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM The Wish Swap** (2025) ★★

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Lake District Rescue** Documentary.
1.00 PM **Celebrity Coach Trip**
3.00 **Real Thick Glasses**
3.15 **FILM The Dirty Heroes** Wartime adventure. (1967, 15, 105min) ★★
5.30 **FILM Mrs Ratcliffe's Revolution** Comedy starring Catherine Tate. (2007, 12, 102min) ★
7.30 **FILM Heartbreakers** Comedy starring Sigourney Weaver and Jennifer Love Hewitt. (2001, 15, 123min) ★★
10.00 **FILM This, That and the Other** Comedy with Dennis Waterman. (1969, 18, 105min) ★★
11.45 **FILM The World is Full of Married Men** Comedy. (1979, 18, 135min) ★★
2.00 AM **FILM Mrs Ratcliffe's Revolution** Comedy. (2007, 12, 102min) ★
4.00 **to 5.00** AM **Richard Wilson's Highland Fling**

Rewind TV

182 81 164 141

6.00 AM **Space 1999** (S2)
7.00 **Man in a Suitcase**
10.00 **Doctor in Charge**
11.00 **Bottle Boys** (S1)
12.00 NOON **The Fenn Street Gang** 9&10/18. (S3)
1.00 PM **Second Thoughts**
2.30 **Agony** 3&4/7. (S2)
3.30 **Hallelujah** 3-5/7. (S1)
5.00 **Bottle Boys** (S1)
6.00 **Frankie's On** 1/4. (S1)
6.30 **Doctor in Charge**
8.00 **The Fenn Street Gang**
9.00 **Space 1999** 5/24. A computer leads the Alphans into danger. (S2)
10.00 **FILM Pick-up** Drama starring Jill Senter. (2005, 15, 74min) ★★
11.40 **FILM Inseminoid** Horror starring Judy Geeson. (1981, 15, 93min) ★
1.40 AM **Stereo Underground**
2.35 **Hank the Cowboy**
2.50 **Frankie's On**
3.15 **Agony** 3&4/7. (S2)
4.10 **Bubblegum & Cheese**
5.00 **to 6.00** AM **Stereo Underground**

DMAX

159 151 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **Gem Hunters Down Under** Triple bill.
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive** A couple whose marriage is at breaking point. **8.00** The team attempt to save a woman's home before the local council demolishes it.
9.00 **Extinct or Alive** Proving the existence of animals thought to be gone for ever.
10.00 **Expedition X** Heather and Phil's quest takes them into the wilderness.
11.00 **Expedition Files** The vanishing of the 16th-century inhabitants of Roanoke.
12.00 M'T **Monsters Inside Me**
1.00 AM **Body Bizarre**
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa**
11.00 **Jamie's 5 Ingredient Mediterranean Meals**
12.00 NOON **Michel Roux's French Country Cooking** Polenta fries.
1.00 PM **James Martin's Spanish Adventure**
3.00 **Rick Stein's Food Heroes: Another Helping** Five editions.
5.30 **Rick Stein's Food Heroes** Five editions.
8.00 **Jamie's 5 Ingredient Mediterranean Meals** Jamie shares his secrets for making recipes with just five ingredients.
9.00 **Diners, Drive-Ins and Dives** Guy Fieri samples a pork belly banh mi in Reno, Nevada. **9.30** Guy and his son take a trip to Alaska.
10.00 PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **Six Million Dollar Man** 13-17/22. (S4)
12.00 NOON **FILM Warbirds** Sci-fi war drama. (2008, 15, 87min) ★★
2.00 PM **FILM The Mountain** Adventure drama. (1956, PG, 105min) ★★
4.00 **FILM The People That Time Forgot** Fantasy adventure sequel. (1977, U, 96min) ★★
5.50 **FILM Airport 1975** Disaster movie. (1974, PG, 106min) ★★★
8.00 **The Twilight Zone** (S3)
9.00 **FILM Get Carter** Crime thriller remake. (2000, 15, 102min) ★★★
11.05 **FILM Things to Do in Denver When You're Dead** Thriller. (1995, 18, 115min) ★★★★
1.25 AM **FILM Nick of Time** Action thriller. (1995, 15, 89min) ★★★
3.15 **to 5.00** AM **FILM Precious Cargo** Thriller. (2016, 15, 87min) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **Andromeda** (S4)
3.00 PM **The Gambler Returns: The Luck of the Draw** Western.
7.00 **FILM Super Cyclone** Disaster movie starring Ming-Na Wen and Nicholas Turturro. (2012, 12, 90min) ★
9.00 **FILM American Made** Fact-based comedy drama with Tom Cruise and Domhnall Gleeson. (2017, 15, 115min) ★★★
11.25 **FILM Best of the Best** Action drama starring Eric Roberts and Christopher Penn. (1989, 15, 100min) ★★
1.25 AM **FILM Unlocked** Espionage thriller. (2017, 15, 98min) ★★★
3.20 **FILM Asteroid v Earth** Sci-fi disaster movie. (2014, 15, 91min) ★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Storage Wars Canada** Four editions.
7.30 **Storage Wars**
8.20 **The UnXplained with William Shatner**
10.10 **Strange Evidence**
12.05 PM **Proof Is Out There: Military Mysteries**
3.05 **What on Earth?**
6.00 **Strangest Things**
8.00 **History's Greatest Mysteries** The disappearance of union activist Jimmy Hoffa.
9.00 **Hitler's Engineers** The support Hitler received from Fritz Todt.
10.00 **U-Boat Wargamers**
11.05 **MonsterQuest**
1.00 AM **Conspiracy Files: Unsealed** Documentary.
1.30 **Conspiracy: Fake World Leaders**
2.00 **Cops Uncensored**
3.00 **Close Encounters Down Under**
5.00 **to 6.00** AM **Craig Charles: UFO Conspiracies**

5SELECT

153 166 138 46 133 30

9.00 AM **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Six episodes, including at: **5.00** *Badge of Honour:* A spate of murders shocks Cabot Cove – and it coincides with the arrival of one of Seth's old army friends. **6.00** *Murder on Madison Avenue:* Jessica invents a board game.
7.00 **The Beckham Feud: Truth & Lies** A look at Brooklyn Peltz Beckham's allegations against his parents.
8.30 **The TV Rich List 2026: Who Earns the Most?** A countdown of the 30 wealthiest stars of British television.
10.35 **The Trial of Michael Jackson** Examining the singer's trial that took place in California.
12.05 AM **Prisoner: Cell Block H** (S1)
3.55 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Family Fortunes**
11.00 **Blockbusters**
12.00 NOON **Celebrity Catchphrase**
1.00 PM **Tenable**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **Beat the Chasers**
5.00 **The Chase Celebrity Special** Double bill.
7.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
9.00 **The Chase Celebrity Special** With guests Susie Dent, Anthony Crolla, Ellie Taylor and Harry Redknapp.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** The Rev Kate Bottley, Dr Ranj Singh, Georgia Toffolo and Ed Byrne take part.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
11.00 **The Big Bang Theory**
7.00 PM **The Big Bang Theory** 23/24. Sheldon and Amy await a call that could bring news from the Nobel Committee. **7.30** 24/24. The last-ever episode of the US comedy. (S12) **8.00** 1/17. Pilot episode of the US comedy. **8.30** 2/17. Sheldon tries to do Penny a favour by tidying her flat. (S1)
9.00 **Dr Pimple Popper: Breaking Out** A woman has symmetrical bumps around her spine. **10.00** A woman suffers from oozing, smelly boils. **11.00** A patient with a bump on his forehead.
12.00 M'T **Dr Pimple Popper**
2.00 AM **Young Sheldon**
3.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Mr Bean** (S1)
9.00 **Gods of the Game**
9.30 **Friends** (S6&7)
7.00 PM **Friends** 2/24. Monica excitedly starts making wedding plans. **7.30** 3/24. Chandler plays racquetball with Monica's father. **8.00** 4/24. Rachel wrestles with a dilemma. **8.30** 5/24. Joey takes Tag out on the town. (S7)
9.00 **FILM Jerry Maguire** Romantic comedy drama with Tom Cruise, Cuba Gooding Jr and Renée Zellweger. (1996, 15, 139min) ★★★★
11.40 **8 Out of 10 Cats**
1.20 AM **Stupid Central**
2.20 **Police Squad!**
3.15 **The Comedy Central Chart Show**
3.25 **The Comedy Bus**
3.50 **Gods of the Game**
4.15 **to 5.00** AM **Mr Bean**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 2&3/26. (S3)
6.50 **Rosie Jones Tries to Help** With Jayde Adams.
7.00 **Teleshopping**
9.00 **Michael McIntyre's Big Show** As 3.00pm.
10.00 **Stupid Central**
3.00 PM **Michael McIntyre's Big Show** Robbie Williams surprises some karaoke-singing members of the audience.
4.00 **The Upper Hand**
9.00 **Friends** 1/24. Monica plans an evening out to celebrate her engagement to Chandler. **9.30** 2/24. Monica excitedly starts making preparations for her big day. (S7)
10.00 **Friends** (S7&6)
3.45 AM **Michael McIntyre's Big Show** As 3.00pm.
4.30 **Iain Stirling's Roast the Internet**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 56 42

8.00 AM **FILM Rising Damp** Comedy spin-off. (1980, PG, 96min) ★★
10.00 **You Rang, M'Lord?** (S1)
1.10 PM **Steptoe and Son**
4.50 **Man About the House**
7.55 **Minder** *On the Autofront:* 8/10. A rival dealer schemes to put Arthur out of business. (S10)
9.00 **Benidorm** 1/7. The Garveys worry Madge is being stalked. (S7)
9.55 **Shameless** 8/16. Frank meets a beautiful stranger on the bus. (S5)
11.00 **Man About the House**
11.30 **Mind Your Language**
12.05 AM **Benidorm** 1/7. (S7)
1.00 **Minder** 4/11. (S4)
2.00 **Duty Free** 3/7. (S3)
2.25 **Man About the House**
2.50 **The Kenny Everett Video Show** (S2)
3.10 **That's 60s: Best Music Live!**
4.00 **to 5.00** AM **Nearest and Dearest**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Dallas Cowboys Cheerleaders**
10.00 **Teen Mom: The Next Chapter** Triple bill.
1.00 PM **Judge Judy**
6.00 **Catfish: Love Triangles**
7.00 **Catfish: The TV Show** A son intervenes in his mother's relationship with an online boyfriend. **8.00** Alante seeks Nev and Max's help in accounting for his online lover's disappearances.
9.00 **FILM Point Break** Action thriller starring Patrick Swayze and Keanu Reeves. (1991, 15, 125min) ★★★★
11.30 **Judge Judy**
12.00 M'T **Help I Sexted My Boss** Talk show.
1.00 AM **Dating Naked**
2.00 **Ghosted: Love Gone Missing** Reality series.
2.45 **All Star Shore**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
9.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Alaskan Bush People** Four editions, including at: **3.00** PM The Wolfpack struggle to bring their mining equipment back to life.
4.00 **The Last Alaskans** Autumn arrives in the Arctic National Wildlife Refuge. **5.00** Heimo pursues a food source that could feed him and Edna for months.
6.00 **Deadliest Catch** Sophia joins Sig at the Russian line.

4.00 The Last Alaskans

7.00 **The Woodland Workshop** Rich helps create a stunning dinner set for heroic farmer Bill.
8.00 **Maine Cabin Masters** A huge storm threatens to derail Chase and the team's progress on one of their biggest projects yet.
9.00 **Naked and Afraid: Global Showdown** The survivalists' primitive bows are tested, underdogs dominate the challenge, rocking the competition, and another legend is sent to elimination.
11.00 **Expedition Files** Investigating three baffling mysteries.
12.00 M'T **Mystery at Blind Frog Ranch** The team uncover evidence of another Aztec treasure chamber.
1.00 AM **How the Universe Works**
3.00 **to 5.00** AM **American Chopper**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Jackson Galaxy tries to save 50 kittens. **4.00** Jackson helps a man deal with his cat phobia.
5.00 **Treehouse Masters** Pete Nelson takes on his first international build in Norway.
6.00 **Saved by the Barn** Dan rescues a group of pigs from horrific living conditions.

7.00 How Do Animals Do That?

7.00 **How Do Animals Do That?** How swarms of blind bats avoid collision. **7.30** How humpback whales can leap so far.
8.00 **Extinct or Alive** Forrest Galante combs the Florida Everglades for the black panther, which has never been seen in the US.
9.00 **Alaskan Bush People: Book of Ami** The Brown family matriarch answers fan questions and shares her favourite memories.
10.00 **Tanked** World champion boxer Fernando Vargas asks the two brothers-in-law to make a boxing glove-shaped tank.
11.00 **Alaska: The Last Frontier** Otto creates a calf caboose.
12.00 M'T **Project Grizzly** Teaching the bears how to den up. **1.00** AM Jeff teaches the bears to be scared of humans.
2.00 **The Haunted**
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Aircrash: Disasters Uncovered**
12.00 NOON **Disaster Autopsy**
1.00 PM **Seconds from Disaster**
2.00 **WW2 Wrecks: Draining the Ocean** Examining shipwrecks from World War Two.
3.00 **Nazi Sunken Sub**
4.00 **Gallipoli's Deep Secrets**
5.00 **Air Crash Investigation** The case of a Chinese plane that crashed minutes from touching down in Japan. **6.00** The worst aviation disaster in Sumatra's history.

8.00 Car S.O.S

7.00 **Planes that Changed History** How the DC-3 reshaped flight in the 1930s, and was later adapted into the C47.
8.00 **Car S.O.S** Tim and Fuzz restore a 1930 Ford Model A for a man who suffered brain damage in a motorcycle accident.
9.00 **Car S.O.S** Tim and Fuzz restore a tired 1991 VW T4 Campervan belonging to a man who has been diagnosed with cancer.
10.00 **Engineering Europe** The UK's engineering wonders, including innovative electric flying machines and ingenious skyscrapers.
11.00 **Hitler's Last Stand** Documentary exploring the last days of World War Two. **12.00** M'T The mission to capture a key observation point on the German border. **1.00** AM A Canadian regiment strike a Panzer unit accused of horrific war crimes.
2.00 **to 5.00** AM **Air Crash Investigation**

Sky History

123/124 115/116 131 353 368

6.00 AM **Flipping Bangers**
7.00 **Hardcore Pawn**
10.00 **Celts: The Untold Story**
1.00 PM **Colosseum** The story of the Roman Empire. **2.00** Haterius is tasked with constructing a labyrinth. **3.00** How exotic beasts were brought back to entertain the Colosseum crowds. **4.00** Emperor Trajan throws his great games of AD 107. **5.00** Ignatius refuses to pledge his allegiance to the emperor. **6.00** A devastating plague sweeps through the city.

9.00 Odysseus Returns

7.00 **Colosseum** Commodus, the son of Marcus Aurelius, steps out of the Imperial Box and onto the sands of the arena.
8.00 **Colosseum** With Rome and the Colosseum in decline, a single man turns to the arena.
9.00 **Odysseus Returns** 1/2. Documentary about the legendary Greek king of Ithaca and the hero of Homer's *Odyssey*.
10.05 **Odysseus Returns** 2/2. How Odysseus longed to win kleos 'glory' and complete his nostos 'homecoming.'
11.10 **Secrets Declassified with David Duchovny** A look at the secretive flights of Project Argus and Operation LAC.
12.05 AM **Colosseum** Double bill.
2.00 NEW SERIES **The Rise and Fall of The Roman Empire** Rome's rise, dominance and fall from a vast empire that ruled the western world.
4.00 **to 6.00** AM **Flipping Bangers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Ronald Colman** A profile of the actor.
7.00 **Discovering: Harvey Keitel**
8.00 **The Directors**
9.00 **Bardot**
11.00 **Williams & Mansell: Red 5**
12.50 PM **My Icon: Heather Watson**
1.00 **Bruno v Tyson**
2.50 **Val** Documentary focusing on the life of actor Val Kilmer.
5.00 **I Am Patrick Swayze** A tribute to the American actor, known for his roles in hits like *Dirty Dancing*, *Ghost* and *The Outsiders*.

5.00 I Am Patrick Swayze

6.50 **Belushi** The life and career of comedy star John Belushi, who captured the hearts of audiences worldwide before his tragic and untimely death aged 33.
9.00 **Rik Mayall: Magnificent B'stard** A documentary tribute to the influential and much-missed comedian and actor, who died in 2014 at the age of 56. Contributors include Stephen Fry, Ben Elton, Greg Davies, Nigel Planer and Adrian Edmondson.
11.00 **Ibiza Narcos** 1/3. Exploring the drugs trade on the island. **12.00** M'T 2/3. A look at the impact of the rave scene. **1.00** AM 3/3. A look at how greed and infighting among drug dealers led to bloodshed.
2.00 **The Golden Boy: Oscar De La Hoya** 1&2/2 The story of the boxer-turned-promoter.
5.00 **to 6.00** AM **The Directors**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Massive Engineering Mistakes**
7.00 **British Superbikes**
8.00 **Wheeler Dealers**
3.00 PM **Shed and Buried: Classic Cars**
5.00 **Shed and Buried**
8.00 **Shed and Buried** Henry and Fuzz check out Nir's collection of vehicles. **8.30** The duo meet petrolhead Norman.
9.00 **The Repair Shop** The team revive an Afro-Caribbean doll. **10.00** A pair of ballet shoes are restored.
11.00 **Outback Opal Hunters** The Mooka Boys may crack the rock at their mine site.
12.00 M'T **Outback Truckers**
1.00 AM **Mysteries of the Deep** Double bill.
3.00 **NASA's Unexplained Files** Documentary.
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Forensic Detectives**
11.00 **Faking It: Tears of a Crime** Ben Butler.
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **A Killer's Mistake**
7.00 **A Killer's Mistake** Micah Rine Pate mysteriously disappears. **8.00** The case of Hollie Gazzard, who was killed by her ex-partner.
9.00 **Deadly Influence: The Social Media Murders** New edition A jealous follower threatens a dance star's ambition.
10.00 **On the Case with Paula Zahn** New edition Police struggle to solve a heart-breaking murder.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **UK Crime Files: Britain's Youngest Contract Killer** The story of Gulistan Subasi, who was shot dead on her mother's doorstep.
8.00 **UK Crime Files: Kidnap and Murder of an Heiress** The kidnap and murder of Muriel McKay.
9.00 **UK Crime Files: The Most Evil Woman in Britain** The case of Myra Hindley and Ian Brady.
10.00 **UK Crime Files: Connecting a Killer**
11.00 **UK Crime Files: Murder – A Fight for Justice**
12.00 M'T **UK Crime Files: Murder of Jeshma**
1.00 AM **Donal MacIntyre's Killer Evidence**
2.00 **Bloodline Detectives**
3.00 **Murder Book**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **Secrets of a Murder Detective**
3.00 PM **UK Crime Files: Boarded Barn Murders** Investigating crimes that took place at a remote Cheshire barn house.
4.00 **UK Crime Files: A Deadly Love Triangle** Geoffrey Wansell explores a case on the isle of Sanday involving a love triangle.
5.00 **UK Crime Files: Murder of a Showgirl** Geoffrey Wansell explores the case of George Shotton, who murdered his wife.
6.00 **UK Crime Files: Gangland Murders** Simon Toyne travels to Manchester to examine the gang violence.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Stop, Search, Seize**
7.00 **UK Border Force**
8.00 **Road Wars**
9.00 **Caught on Dashcam**
10.00 **Caught Red Handed**
12.00 NOON **Caught on Dashcam** Documentary.
1.00 PM **World's Most Evil Killers** Double bill.
3.00 **Britain's Most Evil Killers** Raoul Moat.
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers** Double bill.
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Killer in My Village**
12.00 M'T **World's Most Evil...**
1.00 AM **How I Caught the Killer** Brian McKandie.
2.00 NEW SERIES **The Idaho Murders**
4.00 **Brit Cops: Law & Disorder** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.50 **Treasures Decoded**
1.00 PM **Siege of Leningrad**
2.05 **The War** Hitler takes an enormous gamble. **3.15** The violence in the Pacific during early 1945. **4.20** Allies discover Nazi concentration camps. **5.30** The final stages of World War Two.
6.40 **Treasures Decoded** A church in Spain claiming to have found the sacred chalice. **7.40** The search for Atlantis, a civilisation swallowed by the sea. **8.40** Treasures within Tutankhamun's tomb. **9.40** A brutal murder that eventually led to the rise of the Vikings. **10.45** Recent investigations at Pompeii.
12.00 M'T **Siege of Leningrad**
1.05 **to 2.00** AM **Weathered: Earth's Extremes**

SATURDAY

Saturday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **The Wild Wild East**
7.00 **Living Beach**
9.00 **Alaskan Summer**
10.00 **Animal Senses**
12.00 NOON **Superbeast**
1.00 PM **Slovenia: Where Nature Comes First** Documentary.
2.00 **David Attenborough's Dragons and Damsels**
3.00 **Europe's Amazon**
5.00 **David Attenborough's Kingdom of Plants**
8.00 **Wild Dogs: Pack vs Pride**
9.00 **Wolves and Lions: Old Enemies** The differences between the two predators.
10.00 **Pride Rules** Flood waters recede and vast herds of prey return to the Chobe's banks.
11.00 **Matsalu Moose: Wild Giants of the Baltics** Documentary.
12.00 M'T **Wild Dogs: Pack vs Pride**
1.00 AM **Wolves and Lions: Old Enemies** As shown at 9.00pm.
2.00 **Wild Castles**
3.00 **The Ocean's Greatest Feast**
4.00 **Great Lakes Wild**
5.00 **to 6.00** AM **Mysteries of Evolution**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Crimes That Shook Britain**
11.00 **Commando Missions**
1.00 PM **How to Lose a War**
2.00 **Ancient Aliens**
4.00 **Kevin Costner's The West**
6.00 **How Disney Built America**
7.00 **Discovered by Disaster** Seahenge's timber circle.
8.00 **Hazardous History with Henry Winkler** The actor explores the thrilling world of vintage daredevils.
9.00 **Colosseum** How exotic beasts were brought back to entertain the Colosseum crowds.
10.00 **Forbidden History** Finding the tomb of Mary Magdalene.
11.00 **Ancient Aliens** Theories that an ancient monolith represented an alien being. **12.00** M'T Secret conduits to other worlds that could be hidden within deep caves.
1.00 AM **The Sound and the Fury**
2.00 **World War II: Witness to War**
3.00 **Combat Ships**
4.00 **Crimes That Shook Britain**
5.00 **to 6.00** AM **Looting History**

Discovery Science

167 148 179

8.00 AM **The Dino Hunters**
10.00 **How It's Made**
12.00 NOON **How Do They Do It?**
2.00 PM **Truth Behind the Moon Landing** Double bill.
4.00 **Alien Highway**
6.00 **How It's Made** Four editions.
8.00 **Paranormal Declassified** Paul Beban searches for the truth about sea monsters. **9.00** Investigating shapeshifters known as skinwalkers.
10.00 **Curse of the Bermuda Triangle** Mysteries surrounding the Bermuda Triangle. **11.00** Experts follow clues to strange anomalies that may have ties to Atlantis.
12.00 M'T **In Search of Monsters** Experts discuss theories related to the world's most famous cryptid, Bigfoot. **1.00** AM A new theory on Scotland's Loch Ness Monster.
2.00 **The Alaska Triangle**
4.00 **to 6.00** AM **How Do They Do It?**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam**
3.40 PM **My Strange Arrest**
5.00 **Murdered by Morning**
7.00 **Buried in the Backyard** The disappearance of a Michigan woman leads investigators to uncover a dark satanic ritual.
8.00 **Staged: Deadly Deception** Two women are discovered dead beside a wrecked car in a San Diego canyon.
9.00 **Murder in the 21st** The disappearance of a 15-year-old girl rocks a small town.
10.00 **Houses of Horror: Secrets of College Life** A hazing ritual that resulted in two drownings.
11.00 **Sleeping with Death** A larger-than-life personality is silenced by a bullet to his head. **12.00** M'T A mother is killed in front of her sleeping children.
1.00 AM **Interrogation Raw**
2.00 **I Met My Murderer Online**
3.00 **to 6.00** AM **On the Case with Paula Zahn**

+1hour 256 333

WILD

165 145 182

8.00 AM **Critter Fixers: Country Vets** Double bill of editions.
10.00 **Secrets of the Zoo**
11.00 **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Borneo's Secret Kingdom**
3.00 **Ice Road Rescue**
5.00 **To Catch a Smuggler**
7.00 **Heartland Docs** The Schroeders help round-up several hundred cows.
8.00 **Incredible Animal Journeys** Animals embarking on ocean odysseys, from humpback whales to green turtles. **9.00** Animals chasing the rains across the African savannah.
10.00 **Croatia's Coast** Exploring the islands, mountains and forests of the Croatian coast.
11.00 **When Sharks Attack 360**
12.00 M'T **Alaska: The Next Generation** Alex Javor tries to restore a natural spring. **1.00** AM Johnny Rolfe works to protect his home and food supply from predators.
2.00 AM **When Sharks Attack**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

161/172 147 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill.
6.00 **How the Universe Works** A look into the search for the mysterious dark matter. **7.00** Conflicting results make determining the age of the universe difficult. **8.00** A team of robot sleuths roaming Mars on a mission to uncover its secrets.
9.00 **Massive Engineering Mistakes** Cars and trucks plummet into the Arkansas River after part of a bridge collapses. **10.00** Partygoers are horrified when two overhead walkways collapse at a Missouri hotel. **11.00** A container ship blocked the Suez Canal for six days.
12.00 M'T **Blowing Up History: Seven Wonders** New discoveries found under the tomb of Jesus Christ.
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering** A marooned ironclad structure off the coast of England. **2.00** Forgotten relics from the defence of America's homeland. **3.00** An American prison for the violent and deranged. **4.00** An Albanian village home to Allied secret agents.
5.00 **Life** Exploring extreme behaviour in the natural world. **6.00** How amphibians conquer their shortcomings. **7.00** David Attenborough reveals how mammals dominate the planet. **8.00** The challenges facing fish, the most diverse vertebrates on the planet. **9.00** The focus turns to birds, revealing the role of their feathers in attracting partners.
10.00 **Life** Seven editions.
4.40 AM **World War Weird**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1hour 266 376

ID

154 140 166

8.00 AM **Murder Comes to Town**
12.00 NOON **Breaking Homicide** The death of Judy Rawlings. **1.00** PM The death of 51-year-old Robin Pope. **2.00** The death of Codi Joyce. **3.00** Exploring the murder of teacher Norma Luobikis.
4.00 **American Monster** India Mackey learns what her boyfriend is truly capable of. **5.00** Richard wants to have the good life by any means possible. **6.00** Ann Metz's husband Marshall despises Ann giving her time to anyone but him. **7.00** Five-year-old Audrey witnesses her mother, Diane, being stabbed to death.
8.00 **Murder Comes to Town** The case of Dorothy Leatherwood.
9.00 **Michelle Carter: Love, Texts & Death** Conrad Roy is found dead in his pick-up truck.
11.00 **Who the (Bleep) Did I Marry?**
12.00 M'T **Fatal Destination**
2.00 AM **Evil Online** Double bill.
4.00 **to 6.00** AM **Betrayed**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **Vintage Voltage**
10.00 **Extreme RVs**
11.00 **Extreme Car Hoarders**
12.00 NOON **G.A.S. Extreme Customs** Four editions.
4.00 PM **Fifth Gear**
5.00 **Goblin Works Garage** Working on a Land Rover Series II. **6.00** Restoring a Ford Capri. **7.00** Ant arrives unexpectedly with a 1958 Apache.
8.00 **Shed and Buried: Classic Cars** Henry and Fuzz snap up a vintage Oldsmobile hot rod with a legendary V8 engine. **9.00** Henry and Fuzz head to Kent to examine Martin's eclectic collection.
10.00 **Richard Hammond's Big** Richard visits the Appomattox production platform in the Gulf of Mexico. **11.00** Richard explores elements that engineering projects have in common.
12.00 M'T **Richard Hammond's Workshop** Motoring series.
1.00 **to 4.00** AM **Vintage Voltage**

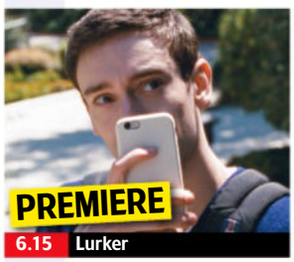
+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

7.30 AM **Wicked: For Good** (2025)
9.55 **Anaconda** As 10.05pm.
11.40 **Mortal Kombat II** (2024)
1.45 PM **Bugonia** Comedy thriller. (2025, 15, 118min) ★★★★
3.50 **Wicked: For Good** Musical fantasy sequel starring Cynthia Erivo and Ariana Grande. (2025, PG, 137min) ★★★
6.15 **PREMIERE Lurker** Crime drama starring Théodore Pellerin. (2025, 15, 105min) ★★★★ *See review, page 23.*



6.15 Lurker

8.00 Mortal Kombat II Fantasy adventure sequel with Karl Urban, Adeline Rudolph and Martyn Ford. Several champions are pitted against one another in the ultimate battle to defeat the dark rule of Shao Kahn. (2024, 15, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Anaconda Comedy adventure starring Jack Black and Paul Rudd. Two friends encounter a terrifying creature while remaking a movie they have been wanting to shoot since childhood. (2025, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Anemone** Drama with Sean Bean and Daniel Day-Lewis. (2025, 15, 125min) ★★★
2.00 AM **Night Patrol** Horror starring Jermaine Fowler. (2025, 15, 103min) ★★★
3.50 **to 6.00** AM **Strung** Thriller. (2026, 15, 119min)

Sky Cinema Jaws

303 303 403 503 517

6.00 AM **Jaws** As 5.50pm.
8.10 **Jaws 2** As 8.00pm.
10.10 **Jaws 3** As 10.10pm.
11.55 **Jaws** As 5.50pm.
2.05 PM **Jaws 2** As 8.00pm.
4.05 **Jaws 3** As 10.10pm.
5.50 **Jaws** Steven Spielberg's monster thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. (1975, 12, 125min) ★★★★★

8.00 Jaws 2

8.00 Jaws 2 Thriller sequel starring Roy Scheider and Lorraine Gary. Martin Brody, chief of police in the Long Island resort of Amity, fears that a shark is once more in the vicinity when a mutilated whale is washed ashore. (1978, PG, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Jaws 3 Shark attack adventure thriller sequel starring Dennis Quaid and Bess Armstrong. The opening of an undersea theme park turns into a bloodbath when a great white shark enters the tunnels that have attracted the crowds. With Simon MacCorkindale. (1983, 12, 99min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Jaws** As 5.50pm.
2.20 **Jaws 2** As 8.00pm.
4.30 **Sky Cinema Preview**
5.30 **to 7.25** AM **Jaws 3** (1983)

Sky Cinema Drama

310 310 410 510 524

7.00 AM **Birdy** As shown at 2.55am.
9.05 **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
11.20 **Footloose** Teen dance drama. (1984, 12, 107min) ★★★
1.20 PM **Dreamgirls** Musical. (2006, 12, 130min) ★★★★
3.35 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
6.00 **A Big Bold Beautiful Journey** Drama. (2025, 15, 109min) ★★★

8.00 **Empire of the Sun** Steven Spielberg's epic drama starring Christian Bale as a young boy who learns to survive in a Japanese internment camp in occupied China during World War Two. (1987, PG, 152min) ★★★★
10.45 **Materialists** Romantic comedy drama starring Dakota Johnson, Chris Evans and Pedro Pascal. A professional matchmaker is torn between the perfect match and her imperfect ex. (2025, 15, 116min) ★★★★

12.45 AM **On Swift Horses** Drama starring Daisy Edgar-Jones. (2024, 15, 119min) ★★★
2.55 **Birdy** Psychological drama. (1984, 15, 120min) ★★★★
5.00 **to 6.40** AM **Widow Clicquot** Drama starring Haley Bennett. (2023, 15, 90min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.35 AM **Constantine** Horror thriller. (2005, 15, 121min) ★★★
9.45 **Annabelle** Horror spin-off. (2014, 15, 97min) ★★
11.30 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
1.25 PM **Van Helsing** Adventure. (2004, 12, 132min) ★★★
3.40 **Sinners** Horror starring Michael B Jordan and Miles Caton. (2025, 15, 132min) ★★★★

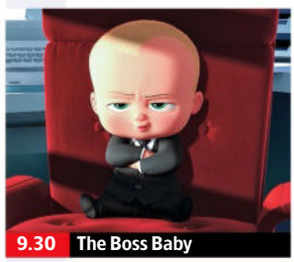
6.00 **Men in Black: International** Fantasy sequel starring Chris Hemsworth and Tessa Thompson. (2019, 12, 110min) ★★★
8.00 **Gravity** Space thriller starring Sandra Bullock and George Clooney. A novice astronaut becomes stranded in space during her first NASA mission. (2013, 12, 91min) ★★★★★
9.40 **Black Phone 2** Horror thriller sequel starring Ethan Hawke and Madeleine McGraw. (2025, 18, 114min) ★★★★

11.40 **Ghostbusters II** Comedy sequel. (1989, PG, 99min) ★★★
1.35 AM **Bring Her Back** Thriller. (2025, 18, 104min) ★★★★
3.25 **From Dusk Till Dawn 2: Texas Blood Money** (1999, 18) ★★
5.00 **to 6.35** AM **Timestalker** Fantasy. (2024, 15, 89min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
304 304 406 506 519

6.05 AM **Grand Prix of Europe** Animation. (2025, U, 98min)
7.45 **Chicken Run** Animation. (2000, U, 84min) ★★★★
9.15 **Wicked** As shown at 4.15pm.
11.55 **Wicked: For Good** (2025)
2.20 PM **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★
4.15 **Wicked** Musical adventure. (2024, PG, 160min) ★★★★
7.00 **Wicked: For Good** Fantasy. (2025, PG, 137min) ★★★


9.30 The Boss Baby

Wicked: For Good (film started at 7.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 The Boss Baby Animated comedy featuring the voices of Alec Baldwin, Steve Buscemi and Lisa Kudrow. A youngster believes his brother is a tycoon sent to destroy his perfect family life. (2017, U, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **MouseHunt** Slapstick comedy. (1997, PG, 98min) ★★★★
1.00 AM **Lemony Snicket's A Series of Unfortunate Events** Fantasy comedy. (2004, PG, 103min) ★★★★
3.00 **The Angry Birds Movie** Animated comedy adventure. (2016, U, 97min) ★★★
4.45 **Sky Cinema Preview**
5.45 **to 7.30** AM **The Angry Birds Movie 2** Animated sequel. (2019, U, 93min) ★★★

Sky Cinema Action
306 306 407 507 521

7.05 AM **Safe House** Thriller. (2025, 15, 90min) ★★★
8.50 **Blood for Dust** Action thriller. (2023, 15, 98min) ★★★
10.45 **Retribution** Action thriller. (2023, 12, 91min) ★★
12.30 PM **Godzilla** Monster movie. (1998, PG, 139min) ★★★
3.00 **Mission: Impossible – The Final Reckoning** Action thriller. (2024, 12, 169min) ★★★
6.00 **Days of Thunder** Drama. (1990, 15, 107min) ★★★

8.00 Bullet Train

8.00 **Bullet Train** Comedy thriller starring Brad Pitt, Joey King and Aaron Taylor-Johnson. Five assassins aboard a high-speed train discover their missions have something in common. With Sandra Bullock. (2022, 15, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Bumblebee** *Transformers* prequel with Hailee Steinfeld. (2018, PG, 114min) ★★★★
2.50 **The Meg** Action thriller. (2018, 12, 113min) ★★★
4.45 **Sky Cinema Preview**
5.40 **to 7.35** AM **Jackie Chan's Armour of God** Thriller. (1986, 15, 95min) ★★★

Sky Cinema Comedy
308 308 408 508 522

6.10 AM **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
7.55 **Arthur** (1981, 15) ★★★★
9.40 **The Brothers Grimsby**
11.10 **The 'burbs** (1989, PG) ★★★
1.00 PM **American Pie** Comedy. (1999, 15, 96min) ★★★★
2.45 **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★
4.20 **Ace Ventura: When Nature Calls** (1995, PG) ★★★
6.05 **Anaconda** Comedy adventure. (2025, 12, 99min) ★★★

9.30 American Pie 2

8.00 **The Brothers Grimsby** Action comedy with Sacha Baron Cohen and Mark Strong. A football hooligan discovers his long-lost brother is a secret agent. (2016, 15, 83min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **American Pie 2** Teen comedy sequel starring Jason Biggs. Four friends rent a lakeside house for the summer, and one decides he needs some sexual experience before the visit of a sexy Czech exchange student. (2001, 15, 106min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Seven Psychopaths** Comedy thriller. (2012, 15) ★★★★
1.15 AM **Risky Business** Comedy drama. (1983, 18) ★★★★
2.55 **Eddington** Western comedy. (2025, 15, 148min) ★★★★
5.25 **The Cinema List: Remakes**
5.55 **to 7.35** AM **Jackie Chan's The Tuxedo** Action comedy. (2002, 12, 98min) ★★

Sky Cinema Thriller
309 309 409 509 523

8.00 AM **Barber** Mystery drama. (2023, 15, 90min) ★★★
9.35 **The Girl on the Train** Thriller. (2016, 15, 107min) ★★★★
11.30 **Sherlock Holmes** Adventure. (2009, 12, 128min) ★★★★
1.45 PM **Sherlock Holmes: A Game of Shadows** (2011, 12) ★★★
3.55 **The Perfect Storm** Drama. (2000, 12, 129min) ★★★★
6.10 **The Bourne Supremacy** Espionage thriller sequel. (2004, 12, 108min) ★★★★

6.10 The Bourne Supremacy

8.00 **Civil War** Action thriller starring Kirsten Dunst, Wagner Moura and Cailee Spaeny. In a dystopian America, a team of journalists race to the White House before a faction of rebels get there. With Nick Offerman. (2023, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **GoodFellas** Martin Scorsese's gangster drama based on the memoirs of a real-life Mafia hood. Stars Robert De Niro, Ray Liotta and Joe Pesci. (1990, 18, 143min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **King Ivory** Crime thriller starring James Badge Dale. (2024, 15, 130min) ★★★
2.40 **The Perfect Storm** (2000)
4.50 **to 6.30** AM **The Big Heat** Gangster thriller starring Glenn Ford and Lee Marvin. (1953, b/w, 15, 90min) ★★★★

Film4
313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Anastasia** Animation. (1997, U, 94min) ★★★
12.50 PM **Jingle All the Way** Action comedy. (1996, PG) ★★★
2.35 **Flight of the Phoenix** Action adventure. (2004, 12) ★★★
4.45 **Arabesque** Romantic thriller. (1966, 12, 105min) ★★★
6.55 **The Adjustment Bureau** Romantic sci-fi thriller starring Matt Damon and Emily Blunt. (2011, 12, 105min) ★★★★

9.00 The Green Mile

The Adjustment Bureau (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Green Mile** Supernatural prison drama based on a novella by Stephen King, starring Tom Hanks and Michael Clarke Duncan. A Depression-era prison guard encounters a death-row inmate who possesses a magical gift. With David Morse and Sam Rockwell. (1999, 18, 189min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 **to 3.45** AM **Nightmare Alley** Guillermo del Toro's thriller starring Bradley Cooper and Cate Blanchett. A manipulative carnival worker joins forces with a female psychiatrist who is even more dangerous than he is. (2021, 15, 150min) ★★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 2026 Recap
302 302 402 502 516

6.00 AM **Tafiti: Across the Desert** Animated family adventure. (2025, PG, 81min) ★★★
7.30 **Pets on a Train** Animation. (2025, PG, 87min) ★★★
9.05 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG, 88min) ★★★
10.50 **The Bad Guys 2** Animated comedy adventure sequel. (2025, PG, 104min) ★★★★

12.50 PM **Flavia** Family adventure. (2026, PG, 100min) ★★★
2.30 **Spinal Tap II: The End Continues** Comedy sequel. (2025, 15, 83min) ★★★
4.00 **The Running Man** Comedy thriller. (2025, 15, 133min) ★★★
6.15 **Fuze** Drama starring Theo James. (2026, 15, 97min) ★★★
8.00 **One Battle After Another** Thriller with Leonardo DiCaprio. (2025, 15, 161min) ★★★★★
10.45 **Dead Man's Wire** Crime thriller. (2025, 15, 104min) ★★★★

12.35 AM **We Bury the Dead** Horror. (2024, 15, 94min) ★★★★
2.20 **Sisu: Road to Revenge** Thriller sequel starring Jorma Tommila. (2025, 15, 89min) ★★★★
4.05 **to 6.20** AM **Downton Abbey: The Grand Finale** Drama. (2025, PG, 123min) ★★★★

Sky Cinema Greats
307 307 404 504 518

6.45 AM **Babe** Comedy drama. (1995, U, 92min) ★★★★★
8.20 **Stuart Little** As 4.45pm.
9.50 **My Girl** Comedy starring Dan Aykroyd. (1991, PG, 105min) ★★
11.35 **The Borrowers** Adventure. (1997, U, 86min) ★★★★
1.05 PM **E.T. The Extra Terrestrial** Sci-fi fantasy starring Henry Thomas and Drew Barrymore. (1982, U, 114min) ★★★★★

3.00 **The Wizard of Oz** Musical fantasy starring Judy Garland. (1939, U, 98min) ★★★★★
4.45 **Stuart Little** Fantasy adventure. (1999, U, 84min) ★★★★★
6.15 **Jumanji** Fantasy starring Robin Williams and Bonnie Hunt. (1995, PG, 104min) ★★★★
8.00 **Godzilla** Monster movie remake starring Matthew Broderick. (1998, PG, 139min) ★★★
10.25 **The Lost World: Jurassic Park** Monster adventure sequel. (1997, PG, 129min) ★★★

12.35 AM **Sudden Death** Action thriller. (1995, 18, 110min) ★★★
2.30 **Rumble in the Bronx** Action comedy. (1996, 15, 89min) ★★★
4.05 **Sky Cinema Preview**
5.05 **to 7.15** AM **A League of Their Own** Comedy drama. (1992, PG, 124min) ★★★★

Disney+ Cinema
305 305

6.00 AM **Mary Poppins Returns** Fantasy. (2018, U) ★★★★
8.20 **The Wild** Animated comedy. (2005, U, 82min) ★★
9.45 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
12.10 PM **The Jungle Book** Adventure starring Neel Sethi. (2016, PG, 104min) ★★★★

1.55 **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
3.45 **Hercules** Animated adventure. (1997, U, 92min) ★★★★
5.20 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
7.05 **The Princess Diaries** Comedy. (2001, U, 115min) ★★★
9.00 **PREMIERE** **The Amateur** Action thriller starring Rami Malek and Laurence Fisburne. (2025, 12, 125min) ★★★★
11.05 **Bad Company** Comedy thriller. (2002, 12, 112min) ★★★

1.00 AM **The Grand Budapest Hotel** Wes Anderson's comedy drama. (2014, 15, 99min) ★★★★★
2.45 **28 Weeks Later** Horror sequel. (2007, 18, 99min) ★★★★
4.30 **to 6.00** AM **The Good Dinosaur** Animated adventure. (2015, PG, 101min) ★★★★

Movies 24
312 313 419

7.00 AM **Mystery on Mistletoe Lane** Drama. (2023, PG, 90min) ★★
9.00 **An Alpine Holiday** Comedy drama. (2025, U, 90min) ★★
11.00 **A Christmas in New Hope** Drama. (2024, PG, 90min) ★★
1.00 PM **A Christmas Less Travelled** Drama. (2024, PG, 90min) ★★
3.00 **Christmas at the Catnip Cafe** Romantic drama starring Erin Cahill. (2025, PG, 90min) ★★

5.00 **A Merry Scottish Christmas** Drama. (2023, PG, 90min) ★★
7.00 **A Christmas for the Ages** Comedy drama starring Natasha Bure. (2023, PG, 85min) ★★
9.00 **Three Wisest Men** Comedy drama starring Paul Campbell. Three siblings deal with personal changes and their mother's decision to sell the family home before Christmas. (2025, PG, 84min) ★★
11.00 **The Christmas Bookshop** Drama. (2024, PG, 90min) ★★

1.00 AM **Sincerely Truly Christmas** Fantasy starring Paula Brancati. (2023, PG, 90min) ★★
3.00 **to 5.00** AM **A Make or Break Holiday** Romantic drama. (2025, U, 89min) ★★

Movies 24+ 315/329 314 420

Talking Pictures
324 445 82 306 36

6.00 AM **Highlights**
7.20 **Runaround** Game show.
7.50 **Legend of the Hidden City**
8.25 **The Adventures of William Tell**
8.55 **ABC Minors Song**
9.00 **Batman** 19/26. (S3)
9.30 **Hawkeye & the Last of the Mohicans** 13/39. (S1)
10.00 **Captain Scarlet and the Mysterons** 22/32. (S1)
10.30 **Supercar** 4/26. (S1)

11.00 **The Buccaneers** 33/39. (S1)
11.30 **The Adventures of Robin Hood**
12.00 NOON **The Brain from Planet Arous** (1957, b/w, PG) ★★
1.30 PM **Went the Day Well?** (1942)
3.20 **Whiplash** 27/34. (S1)
3.55 **The Thirty Nine Steps** (1978)
6.00 **A Day Begins in Manchester**
6.25 **Dick Turpin** 8/13. (S1)
7.00 **Maigret** 5/13. (S1)
8.00 **The Duchess of Duke Street**
9.05 **Night of the Eagle** Thriller. (1961, b/w, 15, 83min) ★★
10.50 **Eurotrash**

11.25 **Fortean TV**
12.00 M'T **One Step Beyond** (S1)
12.35 AM **Night of the Demon** Horror. (1957, b/w, PG, 91min) ★★★★
2.35 **The Wasp Woman** Horror. (1960, b/w, PG, 62min) ★★
4.05 **A Hole Lot of Trouble**
4.40 **to 6.00** AM **Highlights**

SATURDAY Sport

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports News**
11.00 LIVE **The Hundred** Sunrisers Leeds v Southern Brave. Coverage of the women's match at Headingley Cricket Ground. Start-time **11.00am**.
1.30 PM LIVE **Formula 2** The Hungarian Grand Prix sprint race staged at Hungaroring in Mogyoród. Start-time **1.15pm**.
2.15 LIVE **Formula 1** The Hungarian Grand Prix qualifying session ahead of the 11th round of the season held at Hungaroring in Mogyoród. Start-time **3.00pm**.
5.00 **Ted's Notebook**
5.30 LIVE **The Hundred** Welsh Fire v MI London. The men's game from Sophia Gardens in Cardiff. Start-time **6.00pm**.
9.00 LIVE **World Matchplay Darts** Coverage of day eight at Winter Gardens, featuring the semi-finals. The match between James Wade and Jonny Clayton at this stage last year went to a tie-breaker, with Wade prevailing 20-18.
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Best PL Goals 06/07**
8.00 **Premier League 100 Club**
9.00 **Premier League Review**
5.00 **Premier League Review** Action from the 34th round of fixtures.
6.00 Highlights from the 35th round of top-flight matches.
7.00 Action from the 36th round of top-flight games.
8.00 The 37th round of fixtures.
9.00 Highlights from the 38th and final round of matches.
10.00 **Premier League Stories** The story of lifelong Manchester United fans the Singh brothers.
10.30 **Gary Neville's Soccerbox** The former defender is joined by five-time Premier League winner and Chelsea legend John Terry.
11.00 **Premier League Years** Classic games, infamous blunders and moments of skill from the 2013/14 season – all set to a specially selected soundtrack.
1.00 AM **PL Retro** A replay of Wigan Athletic v Arsenal from 2010.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **to 6.00** AM **Best Premier League Goals: Freekicks**

Sky Sports Football

403 403 503 421 441

6.00 AM **SPFL Greatest Games**
8.00 **EFL Greatest Games**
9.00 **SPFL** Rangers v Celtic.
9.30 **EFL Greatest Games**
10.00 **EFL Cup** Manchester City v Tottenham in the 2020/21 final.
11.00 **Best Goals: EFL Cup 2020/21**
11.30 **EFL Trophy** Highlights from Sunderland v Tranmere Rovers.
12.00 NOON **EFL** The 18/19 play-offs.
3.00 PM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Retro** Birmingham City v Arsenal in the 2011 final.
6.00 **EFL** Exeter City v Northampton Town in the 2019/20 League Two play-off final staged at Wembley.
7.00 Oxford United v Wycombe Wanderers in the 2019/20 League One play-off final.
8.00 Brentford v Fulham in the 19/20 Championship play-off final.
9.00 **SPFL** Rangers v Celtic.
9.30 **EFL Greatest Games**
10.00 **EFL Cup Retro** Swansea City v Bradford City in the 2013 final.
12.00 M'T **EFL Cup Retro**
2.00 AM **SPFL Best Goals**
3.00 **SPFL Greatest Games**
3.30 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **to 6.00** AM **Greatest Games**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred**
9.15 **The Hundred Bitesize**
10.45 LIVE **The Hundred** Sunrisers Leeds v Southern Brave. Coverage of the women's match at Headingley Cricket Ground. Start-time **11.00am**.
2.15 PM LIVE **The Hundred** Sunrisers Leeds v Southern Brave. Coverage of the men's match at Headingley Cricket Ground. Start-time **2.30pm**.
5.30 LIVE **The Hundred** Welsh Fire v MI London. Coverage of the men's match held at Sophia Gardens. The hosts had a disappointing season last year after they finished bottom of the table with just two victories from eight games, while MI London won the competition as the Oval Invincibles. Start-time **6.00pm**.
9.00 **The Hundred Bitesize** Sunrisers Leeds v Southern Brave.
9.15 **The Hundred Bitesize**
10.00 **The Hundred** A replay of Sunrisers Leeds v Southern Brave.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred**
5.15 **Best of ICC WT20**
5.45 **to 6.00** AM **The Hundred**

Sky Sports Golf

406 406 506 423 443

6.00 AM **PGA Tour Champions**
7.00 **HotelPlanner Tour Golf**
7.30 **Ladies European Tour Golf**
11.30 **Legends Tour Golf**
12.30 PM **Scotland's Greatest Holes**
1.00 LIVE **Ladies European Tour Golf** The third day of the ISPS HANDA Women's Scottish Open.
5.00 LIVE **European Seniors Tour Golf** Coverage of day three of the Senior Open Championship.
7.00 LIVE **PGA Tour Golf** Coverage of day three of the 3M Open.
11.00 **Justin Rose: Chasing Forever**
12.00 M'T **The Open Films**
1.00 AM **PGA Tour Champions**
2.00 **Scotland's Greatest Golf Holes**
3.00 **PGA Tour Golf** The 3M Open.
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
12.00 NOON LIVE **ATP Tennis** The Austrian Open final in Kitzbühel.
2.00 PM LIVE **WTA & ATP Tennis** The latest action from the Tours.
5.00 **WTA All Access**
5.30 LIVE **ATP Tennis** The Estoril Open semi-finals.
9.30 **ATP Tennis** Austrian Open final.
11.30 **ATP Tour This Week**
12.00 M'T **ATP Tennis** Swedish Open.
1.00 AM **Best of Serena Williams**
2.00 **ATP & WTA Tour Classics**
3.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.30 AM **British Superbikes Rewind**
7.00 **TCR World Tour Review**
7.30 LIVE **Formula E** The Tokyo ePrix first qualifying session.
9.15 **Cycling Essential Stories**
9.30 **Tour de France Women**
10.00 LIVE **Tour de France Men** Coverage from the 20th stage of the Grand Tour race, a 170.9km mountain route from Le Bourg d'Oisans to Alpe d'Huez.
4.30 PM LIVE **SailGP** Coverage from day one of the Emirates Great Britain Grand Prix in Portsmouth.
6.00 LIVE **Test Cricket** West Indies v Pakistan. Coverage of the first day of the first Test in the two-match series from Brian Lara Cricket Academy.
11.00 **MLB Highlights**
12.00 M'T LIVE **MLB** New York Mets v Los Angeles Dodgers. Coverage of the match at Citi Field. Start-time **12.15am**.
3.00 AM **TCR World Tour Review**
3.30 **TNT Sports Reload**
4.00 **to 7.00** AM LIVE **AFL** Brisbane Lions v Port Adelaide Power. From Brisbane Cricket Ground. Bounce-up **4.10am**.

TNT Sports 2

411 414 522 409 431

6.00 AM **Commonwealth Games**
8.30 LIVE **Commonwealth Games** Coverage from the day session on day two of the Games in Glasgow. The Scottish city previously hosted these games back in 2014, with other British cities to host include Manchester, Edinburgh, Cardiff and London. Birmingham hosted the previous event in 2022 which saw a record-breaking 5054 competitors take part. Events taking place today include netball, boxing, artistic gymnastics, and bowls. *See feature, page 28.*
6.00 PM LIVE **Commonwealth Games** Coverage from the night session on day two of the Games staged in Glasgow.
10.30 **Commonwealth Games – Daily Highlights**
11.30 **Commonwealth Games – Netball** Highlights from England v Northern Ireland.
12.00 M'T **Commonwealth Games – Artistic Gymnastics** The fourth session on the second day.
1.00 AM **Commonwealth Games – Swimming & Para Swimming**
2.00 **to 6.00** AM **Commonwealth Games**

Sky Sports Action

412 410 510 426 446

6.00 AM **Women's State of Origin**
6.30 **State of Origin Rugby League**
8.30 LIVE **NRL** Canterbury-Bankstown Bulldogs v New Zealand Warriors. Coverage of the match staged at Accor Stadium in Sydney. Kick-off **8.30am**.
10.30 **Women's State of Origin**
11.00 **State of Origin Rugby League**
12.00 NOON **NFL Highlights**
1.00 PM **World Matchplay Darts**
4.00 **NFL Highlights**
5.00 LIVE **NFL Flag Championships** Coverage of the youth flag football tournament at Droplight Grand Park Sports Campus in Westfield, Indiana.
7.00 **PDC Classics** Archive action.
7.30 LIVE **World Matchplay Darts** Coverage of day eight at Winter Gardens in Blackpool, featuring the semi-finals. The match between James Wade and Jonny Clayton at this stage last year went to a tie-breaker, with Wade eventually prevailing 20-18.
11.00 **NFL Highlights**
12.00 M'T **Super League**
4.45 AM **Women's Super League**
5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.30 LIVE **NRL** Canterbury-Bankstown Bulldogs v New Zealand Warriors. Coverage of the match staged at Accor Stadium in Sydney. Kick-off **8.30am**.
10.30 **Sky Sports News**
12.00 NOON **Sports Saturday**
1.30 PM LIVE **European Seniors Tour Golf** Coverage of day three of the Senior Open Championship, the fifth Major tournament of the year staged at Gleneagles in Auchterarder, Perthshire. Germany's Bernhard Langer is the most successful player in the history of this event, winning it in 2010, 2014, 2017, and 2019, while Gary Player and Tom Watson each have three victories.
7.00 **Sports Saturday**
8.00 **Sky Sports Catch Up**
11.00 **Sky Sports News**
12.00 M'T **EFL Greatest Games**
1.00 AM **Formula 1** Miami Grand Prix.
2.00 **WTA & ATP Tennis** Action from the Indian Wells Open finals.
4.00 **Formula 1** Barcelona Grand Prix.
5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **State of Origin**
6.15 LIVE **NRLW** Canterbury-Bankstown Bulldogs v St George Illawarra Dragons. Kick-off **6.15am**.
8.15 LIVE **NRLW** North Queensland Cowboys v Gold Coast Titans. K-o **8.15am**.
10.15 **State of Origin Rugby League**
10.30 **WTA & ATP Tennis** Highlights.
1.25 PM **International T20 Cricket**
2.25 LIVE **The Hundred** Welsh Fire v MI London. The women's game at Sophia Gardens.
5.30 **PL Greatest Games**
6.00 LIVE **NFL Flag Championships** Coverage from Westfield, Indiana.
11.00 **ATP Tennis** Barcelona Open.
12.00 M'T **Formula 1** From Belgium.
1.00 AM **NBA Basketball**
2.40 **EFL Greatest Games**
3.00 LIVE **NRLW** Parramatta Eels v New Zealand Warriors. Kick-off **3.00am**.
4.45 **to 6.45** AM LIVE **NRLW** Brisbane Broncos v Newcastle Knights. Kick-off **4.45am**.

TNT Sports 3

413 415 523 410 432

7.00 AM **TNT Sports Reload**
7.30 LIVE **AFL** GWS Giants v Sydney Swans.
10.30 **British Superbikes Rewind**
11.00 LIVE **Formula E** Coverage of the Tokyo ePrix opening race.
1.30 PM LIVE **Women's Cycling Pro Series** Coverage of stage two of the Tour of Poland.
2.45 **TNT Sports Reload**
3.00 LIVE **UFC** The preliminary bouts.
5.00 LIVE **UFC** Magomed Ankalaev v Khalil Rountree Jr. The light heavyweight bout at Etihad Arena.
8.30 **TNT Sports Reload**
9.00 LIVE **MLB** Miami Marlins v San Diego Padres. Start-time **9.10pm**.
12.00 M'T **AFL** Two match replays.
3.00 AM **Ultimate Pool**
4.30 **WRC Review** Rally Estonia.
5.30 **to 6.30** AM LIVE **Formula E** Tokyo ePrix third free practice.

TNT Sports 4

414 416 524 411 434

6.00 AM **Premier League Legends**
7.00 LIVE **AFL** Hawthorn Hawks v Essendon Bombers. Coverage of the match staged at Melbourne Cricket Ground. Bounce-up **7.15am**.
10.00 **Fishing: On the Bank**
11.00 **LIV Golf** Action from Uttoxeter.
12.30 PM LIVE **LIV Golf** Coverage from the third day of the 10th round of the season at JCB Golf and Country Club in Uttoxeter.
6.30 **A-Z: Commonwealth Games**
6.45 LIVE **Commonwealth Games – Swimming & Para Swimming** The fourth session on the second day at Tollcross International Swimming Centre.
10.15 **The Gruppetto** Cycling news.
10.30 **Tour de France Men Highlights**
11.30 **Women's Cycling Pro Series**
12.30 AM **LIV Golf** From Uttoxeter.
2.00 **Fishing: On the Bank**
3.00 **Giro d'Italia Men Highlights**
4.00 **to 6.00** AM **Cycling**

Premier Sports 1

419 APP 528

6.00 AM **World Surf League**
7.00 **FIM Sidecarcross Championship**
8.00 **Swedish Speedway**
11.30 **Scottish Rally Championship**
12.00 NOON **FIM Sidecarcross Championship** From Germany.
1.00 PM **Sporting Greats**
1.30 **LaLiga Match Highlights**
1.55 LIVE **Football** Kickers Offenbach v Bayer Leverkusen. Kick-off **2.00pm**.
4.00 **Coppa Italia** Two match replays.
8.00 **LaLiga** Madrid derby replay.
10.00 **FIM Sidecarcross Championship**
11.00 **LaLiga Match Highlights**
11.10 LIVE **Argentine Primera Division** River Plate vs Barracas Central. Coverage from Estadio Mas Monumental. Kick-off **11.15pm**.
1.15 AM **LaLiga Match Highlights**
1.30 **World Surf League**
2.30 **Sporting Countdowns**
3.00 **Premier Sports Cup**
5.00 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 APP 529

6.00 AM **United Rugby Championship** This year's final.
8.00 **Temples of Sport**
8.30 **Brasileiro Serie A**
10.30 **Temples of Sport**
11.00 **Rugby Junior World Championships** Semi-finals.
3.00 PM **Temples of Sport**
3.30 **Rugby Junior World Championships** Action from the seventh-place play-off.
5.30 The fifth-place play-off.
7.30 **Temples of Sport**
8.00 **Football's Greatest**
8.30 **Temples of Sport**
9.00 **Argentine Primera**
10.55 **Eredivisie Highlights**
11.55 **Football's Greatest**
12.25 AM LIVE **Football** Wrexham v Leeds United. The friendly from Raymond James Stadium. Kick-off **12.30am**.
2.30 **Football's Greatest**
3.00 **Brasileiro Serie A**
5.00 **to 6.00** AM **Football's Greatest**

Sky Sports F1

407 407 507 424 444

6.00 AM **F1 Features**
6.30 **Ferrari Challenge Europe**
7.30 **Ginetta Juniors Highlights**
8.30 **F1 Features**
9.00 LIVE **Formula 3** Coverage of the Hungarian Grand Prix sprint race.
10.00 **F1 Features**
11.15 LIVE **Formula 1** The Hungarian Grand Prix third practice session.
1.10 PM LIVE **Formula 2** The Hungarian Grand Prix sprint race.
2.15 LIVE **Formula 1** The Hungarian Grand Prix qualifying session.
5.00 **Ted's Notebook**
5.30 **Formula 1** Hungarian Grand Prix.
7.30 **Ted's Notebook**
8.00 **Formula 1** From Hungary.
10.00 **Ted's Notebook**
10.30 **Formula 2** Hungarian Grand Prix.
11.35 **F1 Feature**
11.45 **Formula 3** From Hungary.
12.45 **to 6.00** AM **Formula 1**

Sunday

26 July

Planner

The Rapture

THRILLER BBC 1, 9pm (box set, BBC iPlayer)

Ruth Madeley stars in this crime thriller as forensic psychologist Gabs Fox, whose job at a high-security hospital brings her together with teenager Bethany (India Amarteifio), who claims she has psychic powers and can predict climate catastrophies.

Force of Nature

NATURE ITV1, 7pm (box set, ITVX)

Andrew Lincoln narrates this new six-part wildlife documentary, with footage of animals coming up against the powers of Mother Nature – from chimpanzees in Senegal, polar bears in the Arctic and 40,000 Caribbean flamingos fighting for survival against the elements.

The Idaho Murders

DOCUMENTARY

Sky Crime, 9pm &10pm

This two-parter delves into the horrific case in which four college students were found dead in a house in Moscow, Idaho in 2022, and the subsequent conviction of criminology graduate, Bryan Kohberger.

Eleanor the Great

COMEDY DRAMA Sky Premiere, 6am & 2pm

The brilliant June Squibb takes top billing here as Eleanor – a 90-year-old trying to start her life over in New York City after the death of her best friend – in Scarlett Johannson's feature directorial debut.

Sunday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Countryfile		8.00 Antiques Roadshow		9.00 The Rapture		10.00 News	10.30 Film: I Am...
	102 BBC2	‹ 6.00 Cricket: The Hundred – Live: Trent Rockets Men v London Spirit Men (Start-time 6.00)					9.30 Live at the...	10.00 Film: Taxi Driver	
	103 ITV1	7.00 Force of Nature		8.00 Emmerdale	8.30 Coronation...	9.00 The Dark		10.00 News	10.20 Terror in the Skies...
	104 CHANNEL 4	‹ 6.30 F1: Hungarian Grand Prix Highlights				9.00 The Piano		10.00 Film: The Forgiven	
	105 5	‹ 6.30 When Beach Holidays Go Horribly...		8.00 Dogs Behaving (Very) Badly		9.00 Tour de France		10.00 Commonwealth Games	
	106 SKY ONE	7.00 La Brea				9.00 Ricky Gervais Live: Animals			10.30 Film: Rambo...
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 Film: Gladiator			
	116 BBC4	7.00 The Golden Age of Liners		8.00 John Wilson at the Proms				10.15 The Entertainer	
	118 ITV2	‹ 6.20 Film: Mission: Impossible – Ghost Protocol				9.00 Love Island		10.00 Love Island: Aftersun	
	136 MORE4	‹ 6.55 Four in a Bed				9.00 The Emergency Ward		10.00 24 Hours in A&E	
	135 E4	‹ 6.20 The Great...	7.30 Film: Battleship					10.00 Film: American Pie 2	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam				10.00 Irish Blood	
	108 SKY ATLANTIC	‹ 6.45 The Gilded Age				9.00 House of the Dragon		10.15 The Fear Index	
	110 U&GOLD	7.00 Dad's Army	7.40 Only Fools and Horses						
	111 U&DAVE	7.00 Border Force: America's Gatekeepers		8.00 Special Ops: Crime Squad UK		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	‹ 6.00 Midsomer Murders						10.00 Vera	
	120 ITV4	7.00 Sharpe					9.15 Film: Coogan's Bluff		
	112 COMEDY CENTRAL	7.00 Mr Bean				9.00 Film: The Dukes of Hazzard			
	145 SKY SCI-FI	7.00 Stargate Atlantis				9.00 Stargate Universe			
	143 U&DRAMA	‹ 6.50 Hetty Wainthropp Investigates		8.00 Sister Boniface Mysteries		9.00 Silent Witness			
	109 U&ALIBI	7.00 Allegiance		8.00 Father Brown		9.00 Beyond Paradise		10.00 Father Brown	
	122 SKY ARTS	7.00 Grand Ole Opry: Opry Live		8.00 Film: The African Queen				10.00 Johnson & Knopfler's Music Legends	
	132 U&W	7.00 Inside the Ambulance		8.00 Inside the Operating Theatre				10.00 The Catherine Tate Show	
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 Barnwood Builders		10.00 Deadliest Catch	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Treetop Cat Rescue		9.00 Alaskan Bush People: Book of Bam		10.00 Tanked	
	129 NAT GEO	7.00 Hidden Beneath the Cities		8.00 Lost Treasures of Ancient Greece		9.00 Pompeii: Out of Time with Tom Hiddleston			
	123 SKY HISTORY	7.00 Rome: Rise and Fall of an Empire		8.00 The Rise And Fall Of The Roman Empire				10.00 World War II with Tom Hanks	
	155 U&YESTERDAY	‹ 6.55 Stanley Tucci: Searching for Italy		7.55 Bangers & Cash					
	114 SKY DOCS	‹ 5.50 Nothing Compares		7.50 Katie Price: Nothing to Hide		9.00 The Truth vs Alex Jones			

‹ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.00 **BBC News** (S)
10.00 **Prayer and Reflection** (S)(R)
10.30 **Pilgrimage: The Road Through North Wales** 1/3. (S)(R)(AD)
11.30 **Money for Nothing** (S)(R)
12.15 PM **Bargain Hunt** From Long Marston, Warwickshire. (S)(R)(AD)
1.00 **BBC News** (S)
1.15 **Songs of Praise** New edition (S)
1.55 **Lifeline** New edition (S)(AD)
2.05 **The Mating Game** 2/5. The mating rituals of aquatic creatures. (S)(R)
3.05 **FILM Dolittle** Fantasy adventure starring Robert Downey Jr. (S)(AD) (2020, PG, 90min) ★★★
4.35 **Homes Under the Hammer** Properties in Coventry, Cumbria and the Welsh Valleys. (S)(R)(AD)
5.35 **BBC News** (S)
5.50 **Local News** (S)

3.05 Dolittle

6 PM

6.00 **Celebrity Escape to the Country** Alistair Appleton faces his toughest assignment to date, as he tries to find opinionated broadcaster Janet Street-Porter a Suffolk sanctuary. (S)(R)(AD)

7 PM

7.00 **Countryfile** New edition The final stop on Anita Rani's east coast road trip is Orford Ness, where she discovers how an abandoned military complex has been reclaimed by wildlife. (S)

8 PM

8.00 **Antiques Roadshow** Fiona Bruce presents the show from Sefton Park Palm House in Liverpool, where finds include a Ming vase, valuable Beatles memorabilia and a painting by George Melly. (S)(R)

9 PM

9.00 **NEW SERIES The Rapture** 1/5. Thriller starring Ruth Madeley. A clinical psychologist is assigned to treat the teenage daughter of a religious leader. *See feature, page 4.* (S1) (S)(AD)
■ Continues tomorrow

10 PM

10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 **FILM I Am Legend** Sci-fi horror thriller starring Will Smith. A military scientist fears he is the last man on Earth after a deadly virus kills most of humanity and turns the survivors into vicious nocturnal predators. With Alice Braga. (S)(AD) (2007, 15, 90min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.00 M'T **Who Do You Think You Are?** Actor Adeel Akhtar wants to know how his ancestors came from India to Kenya. (S)(R)(AD)
1.00 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.25 AM **A to Z of TV Gardening** (S)(R)
7.05 **Glorious Gardens from Above** The skies above Cumbria. (S)(R)
7.50 **Countryfile** (S)(R)
8.50 **Best of Weatherman Walking** New edition Three walks that have changed peoples' lives. (S)
9.20 **Beechgrove Garden** (S)(R)
9.50 **Saturday Kitchen Best Bites** New edition Seasonal produce. (S)
11.20 **Indian Food Made Easy** (S)(R)
12.20 PM **FILM Operation Crossbow** World War Two action drama starring George Peppard, Sophia Loren and Tom Courtenay. (S) (1965, PG, 115min) ★★★
2.15 **LIVE Cricket: The Hundred** Trent Rockets Women v London Spirit Women: Coverage from Trent Bridge in Nottingham. Start-time is at 2.30. (S)

10.00 Taxi Driver

6.00 **LIVE Cricket: The Hundred** Trent Rockets Men v London Spirit Men: Coverage of the match from Trent Bridge in Nottingham. The Spirit served as hosts when these sides faced each other last season, and made home advantage count as they went on to triumph by 21 runs. Jamie Smith scored 52 off 34 balls as they posted a total of 162/5 in their innings, and the Rockets fell short of that sum as they scored 141/6 from their allotment of deliveries. Start-time is at 6.00. (S)

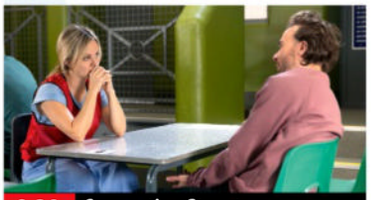
9.30 **Live at the Apollo** Dara O Briain comperes the comedy show at London's Hammersmith Apollo, warming up the audience before introducing routines by Felicity Ward and Mo Gilligan. (S)(R)

10.00 **FILM Taxi Driver** Martin Scorsese's disturbing drama starring Robert De Niro as a crazed New York taxi driver obsessed with saving an abused child. With Jodie Foster and Cybill Shepherd. (S)(AD) (1976, 18, 110min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.50 **FILM The Elephant Man** David Lynch's drama starring John Hurt and Anthony Hopkins. (S)(AD) (1980, b/w, PG, 120min) ★★★★★
1.50 AM **Sign Zone: Do You Know Your Place?** Abergavenny. (S)(R)
2.20 **Sign Zone: Ann Droid** (S)(R)(AD)
2.50 **Sign Zone: The Devil in the Family: The Fall of Ruby Franke** 1/3. Documentary. (S)(R)(AD)
3.40 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **James Martin's American Adventure** San Francisco. (S)(R)
7.00 **James Martin's Saturday Morning** With Michael Ball. (S)(R)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** With Adam Kay. (S)(R)
11.30 **Fern Britton: Inside the Vet's** New edition Fern witnesses the castration of a Bengal cat. (S)(AD)
12.30 PM **Tom Kerridge Cooks Italy** (R)
1.00 **Love Your Garden** (S)(R)(AD)
1.55 **ITV News** (S)
2.10 **Deal or No Deal: Celebrity Special** With Guz Khan. (S)(R)(AD)
3.10 **FILM Live and Let Die** James Bond adventure starring Roger Moore. (S)(AD) (1973, PG, 140min) ★★★★
5.30 **The Chase Celebrity Special** With Jayde Adams, Naughty Boy, Tony Cottee and The Vivienne. (S)(R)


8.30 Coronation Street

6.30 **ITV News** (S)
6.45 **Local News** (S)

7.00 **NEW SERIES Force of Nature** 1/6. A look at animals' battle for survival as climate change intensifies and the weather becomes more extreme. *See feature, page 20.* (S)(AD)
■ Entire series on ITVX

8.00 **Emmerdale** Gabby has a medical check-up after collapsing. (S)(AD)
8.30 **Coronation Street** Steve disapproves of Cassie's plot to discredit Ross. (S)(AD)

9.00 **The Dark** New episode 5/6. The killer escapes while Monica is distracted by saving Philly, and Nichol tells Barclay about Bethany's affair. (S1) (S)(AD)
■ Concludes tomorrow

10.00 **ITV News** (S)
10.20 **NEW Terror in the Skies: Stopping the Liquid Bomb Plot** A look at the thwarted 2006 terrorist attack, when British plotters tried to smuggle liquid explosives onto multiple transatlantic airliners and destroy them. (S)(AD)
11.30 **The Chase Around the World** Bradley Walsh and the Chasers are in Barcelona where the teams face an epic quiz. (S)(R)(AD)
12.30 AM **Teleshopping**
3.00 **Nobody's Fool** (S)(SL)(R)(AD)
3.55 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Motorsport UK** (S)(R)

+1 hour | 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

5.55 AM **The King of Queens** (S)(R)(AD)
7.10 **Everybody Loves Raymond** (S)(R)
8.30 **The Simpsons** (S)(R)(AD)
10.00 **Sunday Brunch** New edition With Gyles Brandreth, Ricky Wilson, Nicola Benedetti, Stephen Mangan and Gabriella Cilmi. (S)
1.00 PM **Jamie Cooks the Mediterranean** (S)(R)(AD)
2.05 **The Dog House** (S)(R)(AD)
2.50 **George Clarke's Amazing Spaces** Two brothers turn a battered bus into an ice cream van. (S)(R)(AD)
3.55 **Our Farm Next Door: Amanda, Clive and Kids** (S)(R)(AD)
5.00 **Britain's Favourite Railway Stations with Si King** 3/4. On the Norfolk coast, the presenter explores the modern Bittern Line terminus and the heritage North Norfolk Railway. (S)(R)(AD)

9.00 The Piano

6.00 **News** (S)
6.30 **F1: Hungarian Grand Prix Highlights** Lee McKenzie is joined by David Coulthard, Alice Powell and Ariana Bravo to present action from the 11th round of the season at Hungaroring in Mogyoród. It was a successful race for McLaren 12 months ago, with Lando Norris beating teammate Oscar Piastri to the chequered flag, while Mercedes driver George Russell finished in third place. (S)

9.00 **The Piano** New edition Claudia Winkleman and Mika head to York Station, joined by jazz pianist Hiromi. Among the performers is a gifted songwriter with a deeply personal number. (S)(AD)

10.00 **FILM The Forgiven** Drama starring Ralph Fiennes and Jessica Chastain. While driving to a party, a couple hit and kill a young man in the Moroccan desert. With Matt Smith and Abbey Lee. (S) (2021, 18, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.15 AM **FILM Stand by Me** Drama based on a short story by Stephen King, starring Wil Wheaton. (S)(AD) (1986, 15, 90min) ★★★★★
1.45 **FILM Corpus Christi** Polish drama starring Bartosz Bielenia. Subtitled. (2019, 15, 115min) ★★★★
3.40 **The Simpsons** (S)(R)(AD)
4.50 **The Dog House** (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.10 FILM **The SpongeBob Movie: Sponge Out of Water** Animation with the voices of Tom Kenny and Antonio Banderas. (S) (2015, U, 110min) ★★★
11.00 **Commonwealth Games** A look back at highlights from the second day in Glasgow. (S)(R)
12.00 NOON **Happy Campers: The Caravan Park** (S)(R)
1.00 PM **Cruising with Susan Calman** Double bill. (S)(R)
3.00 **Into Death Valley with Nick Knowles** Double bill. (S)(R)
5.00 **Lisbon with Michael Portillo** Michael spends a weekend in the Portuguese capital, starting by taking a tram to the historic district of Alfama. (S)(R)

9.00 Tour de France

6.25 **News** (S)
6.30 **When Beach Holidays Go Horribly Wrong** Accounts of nightmare vacations from those whose dream breaks went horribly wrong, including a woman horrified to see her young children paddling in what she believed to be sewage, and a sunseeker being chased by a hungry flock of seagulls in Brighton. (S)(R)
8.00 **Dogs Behaving (Very) Badly** Graeme Hall meets a potential therapy dog for a school, who keeps playing the role of class clown rather than having a calming influence. (S)(R)
9.00 **Tour de France** Action from the final stage of the Grand Tour race, a 133km route from Thoiry to Paris, with the climax being the traditional finish along the Champs-Élysées. (S)
10.00 **Commonwealth Games** A look back at highlights from the third day in Glasgow, which included the artistic gymnastics individual all-around finals. (S)
11.05 **Boris Johnson: Into Ukraine's Kill Zone** Documentary. (S)(R)
12.35 AM **Cops** Documentary. (S)(R)
12.55 **Entertainment News** (S)
1.00 **Teleshopping** (S)(R)
2.00 **Murder Scene: The Incident Room** Documentary. (S)(R)
2.50 **Jersey and Guernsey** (S)(R)
3.45 **Friends** (S8) (S)(R)(AD)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **S.W.A.T.** (S8) (S)(R)(AD)
8.45 **F1: Hungarian Grand Prix Qualifying Highlights** (R)
10.45 LIVE **Cricket: The Hundred** Manchester Super Giants Women v Birmingham Phoenix Women: Start-time is at 11.00.
2.00 PM **Football's Funniest Moments** (S)(R)(AD)
2.30 **Best Medicine** 8/13. (S1) (S)(R)
3.30 **Animal Control** New episodes 2/10. Emily avoids Frank when her new benefactor visits. (S)
4.00 3/10. Frank is tasked with taking a dog to the farm. (S)
4.30 4/10. Frank and Victoria try to win Fiona's affections. (S)
5.00 5/10. Victoria's sister visits from New Zealand. (S3) (S)
5.30 **F1: Hungarian Grand Prix Highlights** From Mogyoród.

7.00 La Brea

6.30 **Ted's Notebook** Ted Kravitz reviews the Hungarian Grand Prix, the 11th round of the season at Hungaroring in Mogyoród. (R)
7.00 **La Brea** *1988:* 7/14. A reunited Harris family lead the effort to rescue Caroline. With Lucas's life on the line, Ty accepts a challenge to win his friend a cure. (R)(AD)
8.00 **La Brea** *Stampede:* 8/14. The Harris family return to 10,000 BC to upload a virus that will stop all sinkholes, despite knowing that this will mean they will never get home. (S2) (R)(AD)
9.00 **Ricky Gervais Live: Animals** Feature-length film shot during the comedian's first stand-up tour, including excerpts from his performance at London's Bloomsbury Theatre and backstage footage. (S)(R)
10.30 FILM **Rambo: First Blood Part II** Action adventure sequel starring Sylvester Stallone. Vietnam veteran John Rambo returns to the jungles of South East Asia on a mission to rescue American PoWs. With Richard Crenna. (S) (1985, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.30 AM **Evil** 10/10. The team learn the demonic infestation they are investigating is next door to Kristen's house. (S3) (S)(R)
1.40 **The Force: Manchester** (S)(R)
3.35 **Road Wars** (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
2.05pm Weatherman Walking: The Welsh Coast (S)(R) **2.35-3.05** The Wig Queen of Prestatyn: Our Lives (S)(R) **6.00** Wales' Home of the Year (S)(R) **6.30-7.00pm** Our Lives: Principal Ballerina (S)(R)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
2.15pm Flog It! (S)(R) **3.00** LIVE All-Ireland Senior Football Championship Final (S) **5.30-6.00pm** Oul Treasures (S)(R)

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **9.00** Y Cosmos **10.00** Ras Yr Wyddfa **11.00** Garddio a Mwy **11.35** Gerddi Cymru **12.05pm** Ralïo+ **12.35** Yr Afon **1.35** Iaith ar Daith **2.35** Pobol y Cwm Omnibws (AD) **3.25** LIVE Seiclo: Tour de France **7.20** Newyddion a'r Tywydd **7.30** Y Sioe New edition **8.30** Gemau'r Gymanwlad New edition **10.30** Sgorio **12.15-12.50am** Seiclo: Tour de France

TV&Streaming week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Lauren and Mark's illegal car deal spirals when the police intervene and passion flares. **7.30** Linda fights to save the community centre, while Jack struggles to cope with his emotions. **8.00** Amy and her friends publicly humiliate Joel with a cruel revenge prank, and Ian prepares for his court date. **8.30** Lauren convinces Ian her relationship with Peter is genuine, while Elaine plays matchmaker for Linda and Clive during the celebrations.
9.00 FILM **Gladiator** Director Ridley Scott's historical epic starring Russell Crowe, Joaquin Phoenix. A betrayed Roman general becomes a gladiator, intent on avenging his murdered wife and son. With Connie Nielsen, Oliver Reed and Richard Harris. (2000, 15, 154min) ★★★★
11.25 **Man Like Mobeen** (S2)
1.00 AM **Grime Kids**
3.20 **to 3.50** AM **BBC New Comedy Awards**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **The Golden Age of Liners** Paul Atterbury examines the allure of the great ocean liners.
8.00 NEW **John Wilson at the Proms** The Sinfonia of London performs Verdi, Walton and Respighi at the Royal Albert Hall.
10.00 **Not I** Billie Whitelaw performs Samuel Beckett's dramatic monologue in which the only thing illuminated on stage is the actor's mouth.
10.15 **The Entertainer** Adaptation of John Osborne's play, starring Michael Gambon. An egotistical vaudevillian's act is on a downward slope. First broadcast in 1993.
12.15 AM **The Levin Interviews: John Osborne** Bernard Levin in conversation with the playwright.
12.45 **Searching for Sam: Adrian Dunbar on Samuel Beckett**
1.45 **A Slow Odyssey: A Turtle's Journey**
2.15 **to 3.15** AM **The Golden Age of Liners**

MORE4

136/137 127 147 18 124 15

8.55 AM **A Place in the Sun**
3.50 PM **Come Dine with Me** Aspiring rapper Warren kicks off a week of dinner parties in Peterborough. **4.20** Ethical trader Donna hosts the second dinner party in Peterborough. **4.50** Model and columnist Susie hosts the third dinner party in Peterborough. **5.20** Straight-talking businesswomen Vicki hosts. **5.55** Veterinary nurse Robin hosts the fifth and final night.
6.25 **Four in a Bed** This week's competition kicks off at Blackfriars in Inverness. **6.55** The second visit of the week at Bogenraith House in Aberdeenshire. **7.25** The third visit is to Cairngorms Glamping. **7.55** The rivals head to The Lovat Hotel in Perth. **8.30** Payment Day arrives.
9.00 **The Emergency Ward** Dr Dunne expects the worst when he unwraps the bandages from a man's arm after a car accident.
10.00 **24 Hours in A&E** A 23-year-old builder is rushed in by paramedics having fallen from the roof of a three-storey building.
11.05 **24 Hours in A&E**
12.05 AM **The Emergency Ward**
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **A Place in the Sun**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks Omnibus**
7.10 **Rude(ish) Tube Shorts**
7.25 **Modern Family**
7.55 **Ramsay's Kitchen Nightmares USA**
8.50 **Ramsay's Hotel Hell**
11.50 FILM **Spies in Disguise** Animated adventure with the voice of Will Smith. (2019, PG, 98min) ★★★★
1.50 PM **The Simpsons**
4.20 FILM **Cheaper by the Dozen** Comedy with Steve Martin and Bonnie Hunt. (2003, PG, 98min) ★★★
6.20 **The Great Australian Bake Off** New edition 8/10. The bakers face the challenges of Italian Week.
7.30 FILM **Battleship** Sci-fi action adventure starring Taylor Kitsch and Rihanna. A hot-headed US Navy lieutenant leads the fight back against alien invaders. (2012, 12, 126min) ★★★
10.00 FILM **American Pie 2** Teen comedy sequel starring Jason Biggs. Four friends rent a house for the summer, and one decides he needs some sexual experience before the visit of a sexy Czech exchange student. (2001, 15, 106min) ★★★
12.05 AM **Gogglebox**
2.05 **Naked Attraction**
3.05 **The Simpsons**
3.30 **The Goldbergs**
4.40 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime

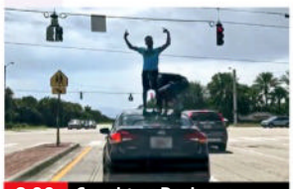
SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Caught Red Handed**
8.00 **A1: Britain's Longest Road**
9.00 **Send in the Dogs**
10.00 **Stop, Search, Seize**
11.00 **Border Patrol**
12.00 NOON **Customs UK** A sniffer dog detects cocaine at Gatwick. **12.30** PM Officers find a shipment of ammunition and drugs destined for Devon.
1.00 **UK Border Force** The work of the UK Border Agency.
2.00 **Nothing to Declare** Ten editions following the work of customs officers in Australia.


8.00 Caught on Dashcam

7 PM **7.00 Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM **8.00 Caught on Dashcam** New edition Road disasters captured on video by drivers' dashboard cameras.

9 PM **9.00 Caught on Dashcam** Fly-on-the-dashboard documentary showcasing outrageous road disasters.

10 PM **10.00 Irish Blood** *Father Al:* 4/6. Fiona and her mother Mary are forced to face old wounds and unexpected truths. (S1)

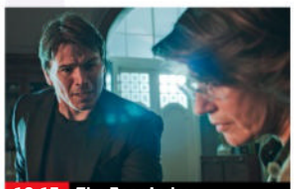
11.00 **Law & Order: Criminal Intent**
12.00 M'T **FBI: Most Wanted** (S1)
1.00 AM **The Good Doctor** (S6)
2.00 **Law & Order: Special Victims Unit** New episode
3.00 **Brit Cops: Rapid Response**
4.00 **A1: Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Billions** 9&10/12. (S4)
10.15 **Gomorrah** 1–6/10. (S5)
4.35 PM **The Gilded Age** 5/8. Ada questions moving ahead without Agnes's support. **5.40** 6/8. Bannister tries to retrieve an incriminating letter from the Russell house. **6.45** 7/8. Bertha begins to rethink her loyalty, an engagement party leaves Marian full of doubts, and George strikes a deal with Bill Henderson. (S2)


10.15 The Fear Index

7.50 The Gilded Age *In Terms of Winning and Losing:* 8/8. Peggy questions her future, Marian confesses her feelings to Dashiell and the opera war reaches its climax. (S2)

9.00 House of the Dragon 5/8. *Game of Thrones* prequel following the story of House Targaryen. Stars Matt Smith. (S3)

10.15 The Fear Index 3/4. Alex heads to his therapist, terrified that he may be losing his mind. (S1)

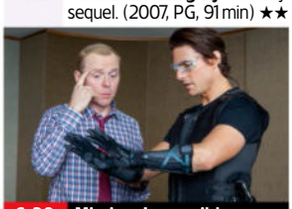
11.15 **The Fear Index** 4/4. Dr Hoffman frantically races against the clock. (S1)
12.10 AM **Deadwood** 8&9/12. (S3)
2.00 **House of the Dragon** New episode 6/8. (S3)
3.15 **Billions** 5/12. (S1)
4.20 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Deal or No Deal**
7.00 **In for a Penny**
8.00 **Dress to Impress**
9.00 **Celebrity Dinner Date**
11.00 **Deal or No Deal: Banker's Best Battles**
11.35 **Deal or No Deal**
1.35 PM **Celebrity Catchphrase for Soccer Aid** Quiz show.
2.35 FILM **Madagascar 3: Europe's Most Wanted** Animated comedy sequel. (2012, PG, 93min) ★★★★
4.25 FILM **Evan Almighty** Comedy sequel. (2007, PG, 91min) ★★


6.20 Mission: Impossible...

6.20 FILM Mission: Impossible – Ghost Protocol Action spy thriller starring Tom Cruise. Super spy Ethan Hunt and his team strive to stop a rogue Russian scientist from provoking a global nuclear war. (2011, 12, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Love Island New edition Reality show in which singletons seeking a romance compete in the hope of finding love.

10.00 Love Island: Aftersun Series finale Companion programme to the dating show, featuring the latest gossip from the villa.

11.05 **Family Guy** (S6&5)
12.05 AM **American Dad!** (S16)
1.05 **Plebs** 5/8. The boys buy an eccentric slave. (S2)
1.35 **G'wed** 1/6. (S1)
2.10 **Totally Bonkers Guinness World Records**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
6.35 **Wycliffe** 3&4/9. (S4)
8.50 **Doc Martin** 2/8. (S8)
9.50 **Lewis** *Generation of Vipers.*
11.50 **Agatha Christie's Marple**
2.00 PM **Midsomer Murders** *They Seek Him Here:* A film director is beheaded on set. **4.00** *Death in a Chocolate Box:* A sex scandal resurfaces following the murder of a former CID detective. **6.00** *Shot at Dawn:* An old family feud resurfaces. Guest stars Donald Sinden.

10.00 Vera

Midsomer Murders (started at 6.00pm)

8.00 Midsomer Murders *Blood Wedding:* Cully gets cold feet about tying the knot with Simon, while Barnaby becomes an unwelcome guest at baron Ned Fitzroy's wedding when the maid of honour is found pinned to the wall with a dagger.

10.00 Vera *Old Wounds:* The detective investigates the death of a teenager who disappeared during the 1984 miners' strike, when her remains are discovered 30 years later.

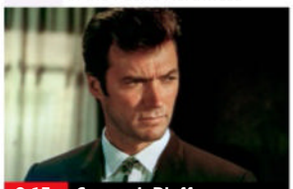
11.50 **Wycliffe** 6/8. A baby is found dead in a cardboard box. (S3)
12.55 AM **Trigger Point** 4/6. (S3)
1.55 **George and Mildred** (S4)
2.25 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.15 **Made in Britain**
6.50 **Motorsport Mundial**
7.20 **Auto Mundial**
7.50 **The Big Match Revisited**
10.00 **Goodwood Festival of Speed**
11.00 LIVE **British Touring Car Championship** Coverage of the 13th, 14th and 15th races of the season staged at Thruxton Circuit in Hampshire.
6.15 PM **Football Rivalries**
6.30 **River Monsters** Stories of primordial bloodsuckers in the Pacific Northwest.


9.15 Coogan's Bluff

7.00 Sharpe *Sharpe's Enemy:* 2/3. Hakeswill returns to create more mischief for Sharpe, kidnapping a beautiful aristocrat and undermining the discipline of Wellesley's men. Guest stars Elizabeth Hurley. (S2)

9.15 FILM Coogan's Bluff Crime thriller starring Clint Eastwood as an Arizona cop on the trail of an escaped killer in New York. With Susan Clark and Don Stroud. (1968, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **The Summit Australia** New edition The remaining 10 members have just seven days left to get to the summit.
12.45 AM **The Champions**
1.45 **Two and a Half Men** (S4)
2.40 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Repair Shop on the Road** Help for a Glasgow landmark that has lost its lustre.
8.00 **Island Crossings** Sisters and CalMac trainees Tanya and Natalie go out to sea.
9.00 **Paramedics on Scene** New edition 5/10. The Special Operations Response Team are deployed to a siege in a flat, where a man has barricaded himself inside.
10.00 **Still Game** 2/9. Winston has acquired a limp and a home help. (S2)
10.30 **Scot Squad** 1/6. The team are joined by new recruits Megan Squire and Andrea McGill. (S4)
11.00 PM **to 12.00** M'T **Ooh the Banter** Jack Docherty presents a celebration of Scottish comedy.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Sort Of** 8/8. (S1)
8.25 **Will & Grace** (S6)
12.00 NOON **Community** (S6)
2.00 PM **Will & Grace** (S2)
4.30 **The Office (US)** 23/25. Michael is considered for a new job in corporate. **5.00** 24/25. Michael, Jim and Karen vie for a corporate position. **5.30** 25/25. Jan decides to move in Michael. (S3) **6.00** 1/19. Michael hits Meredith with his car. **6.30** 2/19. Michael organises a charity fun run in aid of rabies awareness. (S4)
7.00 FILM **Eddie the Eagle** Biopic of ski jumper Eddie Edwards, starring Taron Egerton. (2016, PG, 103min) ★★★
9.00 **Maisie Adam: Appraisal**
10.15 **Chris Fleming: Live at the Palace** Stand-up.
11.45 **Nish Kumar: Your Power, Your Control**
1.15 AM **The Rehearsal** (S1)
3.15 **to 5.00** AM **Upright**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **André Rieu in Wonderland**
8.30 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **André Rieu: Welcome to My World**
3.00 FILM **Let's Dance** Musical drama. (1950, U, 112min) ★★
5.05 **Riverdance 25th Anniversary Show**
7.00 NEW **Grand Ole Opry: Opry Live** With Lukas Nelson and Carly Pearce.
8.00 FILM **The African Queen** Romantic adventure. (1951, U, 100min) ★★★★★
10.00 **Johnson & Knopfler's Music Legends** The duo meet Cyndi Lauper.
11.00 **The Who: The Kids Are Alright** Documentary.
1.10 AM **The Rolling Stones: Bridges to Bremen**
4.10 **Discovering**
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
7.00 **Nothing to Declare**
9.00 **UK Border Force**
10.00 **Nothing to Declare**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Police 24/7**
4.00 **World's Most Toxic Animals** Documentary.
5.00 **Africa's Claws and Jaws**
7.00 **Caught Red Handed** A specialist crime squad stop a mugger on a moped in his tracks. **7.40** A woman is dragged to the ground in a doorstep robbery. **8.20** A ruthless gang are caught attacking people who are wearing expensive watches.
9.00 **Rob & Romesh vs Strongman** The duo enter the world of strongman competitions.
10.00 **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Celebrity Supermarket Sweep**
2.00 **Tenable** Five cousins from Essex take part.
3.00 **The Chase Celebrity Special** With Danny John-Jules, Yinka Bokinni, Tom Bosworth and Eamonn Holmes.
4.00 **Ridiculous** Quiz show.
5.00 **Deal or No Deal**
6.00 **Lingo** Double bill.
8.00 **Celebrity Supermarket Sweep** With Charley Webb, Matthew Wolfenden, Jenny Ryan, Megan McKenna, Melvin Odoom and Rickie Haywood-Williams.
9.00 **The Chase Celebrity Special** Cherry Healey, Dallas Campbell, Ria Hebden and Robert Peston take part.
10.00 **Tipping Point** Triple bill.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **Location, Location, Location** From London.
3.00 **Grand Designs**
4.00 **A Place in the Sun: Home or Away**
5.00 **A Place in the Sun** A couple hope to move to Spain's Orihuela Costa. **6.00** Two brothers seek a home in Almería. **7.00** A couple seek a home in Fuerteventura.
8.00 **Surgery Secrets of the Super Rich** Business executive and marathon runner Phoebe has a lunchtime boob job.
9.00 FILM **Gran Turismo** Fact-based action drama starring David Harbour and Orlando Bloom. (2023, 12, 123min) ★★★
11.45 FILM **The Infernal Machine** Mystery thriller starring Guy Pearce. (2022, 15, 111min) ★★★
1.55 AM **Celebrity Gogglebox**
4.00 **to 5.00** AM **Big Fat Quiz: Best Bits**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Stargate SG-1** Five episodes of the drama, including at: **3.00** PM 15/22. Carter begins a relationship with a police detective. (S7)
4.00 **Stargate Atlantis** 14/20. Rodney McKay gains superhuman abilities. **5.00** 15/20. Sheppard and McKay rush to stop a war. **6.00** 16/20. The team accidentally disturb a previously frozen race. (S3)

11.00 Stargate SG-1

7.00 **Stargate Atlantis** *Sunday:* 17/20. McKay is faced with a mysterious incident when a blast rips through the city.
8.00 **Stargate Atlantis** *Submersion:* 18/20. The team accidentally awaken a Wraith queen. (S3)
9.00 **Stargate Universe** *Darkness:* 4/20. Dr Rush attempts to find out why the *Destiny* has lost all power reserves.
10.00 **Stargate Universe** *Light:* 5/20. The crew decide to abandon ship, hoping one of three nearby planets will be habitable. (S1)
11.00 **Grimm** 11/22. Nick and Monroe move in on the source of a long-gestating mystery. **12.00** M'T 12/22. Renard joins Hank and Wu to track down a deadly assassin. **1.00** AM 13/22. A local maskmaker targets Wesen. (S5)
2.00 **The Walking Dead** (S7)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S16)
10.00 **Return to Paradise** (S1)
12.00 NOON **Father Brown**
4.00 PM **Miss Scarlet** 1/6. Eliza is hired to solve a case involving a violent psychiatric patient. **5.00** 2/6. The divorce of a high society couple causes scandal when their settlement becomes public. (S6)
6.00 **Death in Paradise** 5/8. Marlon receives a call from an old friend who claims he has been hurt, only for things to turn violent. (S13)

10.00 Father Brown

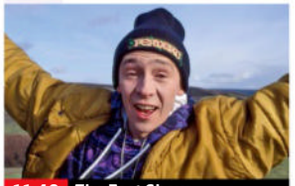
7.00 **Allegiance** *We Were Winning:* 8/10. A junior hockey team owner is shot after a game. (S2)
8.00 **Father Brown** *The Eve of St John:* The priest investigates when a group of pagans are suspected of killing one of their own.
9.00 **Beyond Paradise** 3/6. Humphrey investigates when a dying woman goes missing from a fishing trawler. (S2)
10.00 **Father Brown** *The Crimson Feather:* Father Brown goes on the trail of Mrs McCarthy's missing goddaughter.
11.00 **CSI: Vegas** 6/10. Folsom and Allie look into a series of killings at a clown-themed hotel. **12.00** M'T 5/10. The team investigate a locked room murder mystery. (S1)
1.00 AM **Murdoch Mysteries** (S16)
2.55 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Only Fools and Horses**
1.00 PM **Only Fools and Horses** Seven episodes, including at: **5.00** The first episode of the comedy. Rodney tires of being dogsbody to his wheeler-dealing brother Del Boy and decides to move out. **5.40** Del and Rodney celebrate a used-car deal with a night out in the West End. **6.20** Del Boy gets his hands ona statue of a Hindu god – which plunges him into the middle of an age-old feud between rival families.


11.40 The Fast Show

7.00 **Dad's Army** Captain Mainwaring puts the defence of the realm before personal pride.
7.40 **Only Fools and Horses** The Trotters journey to Holland to dabble in the diamond import business – with old foe Chief Inspector Slater hot on their trail. Guest stars Jim Broadbent.
9.40 **Only Fools and Horses** One of Del's old flames shows up, so Rodney and Grandad resolve to extinguish any passion that may still be smouldering.
10.20 **Only Fools and Horses** Del enters the highly profitable tourist trade.
11.00 **Only Fools and Horses** Del Boy acquires a DIY nuclear fallout shelter.
11.40 **The Fast Show**
1.00 AM **Black Ops**
1.35 **Hi-de-Hi!**
2.20 **The Fast Show**
3.25 **to 4.00** AM **Toast of London**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **James May's Cars of the People** Documentary.
8.00 **Storage Hunters UK**
9.00 **Guy Martin: Proper Jobs**
11.00 **Red Bull Soapbox Race: London** With AJ Odudu.
1.00 PM **Mortimer & Whitehouse: Gone Fishing** Triple bill.
3.00 **The Hairy Bikers' Asian Adventure** Double bill.
5.00 **Would I Lie to You?** Triple bill of the series, including at: **6.20** With Hugh Dennis, Ben Fogle, Kate Silverton and Craig Revel Horwood.

7.00 Border Force

7.00 **Border Force: America's Gatekeepers** Officers in Eagle Pass seize heroin and uncover a new cartel drug-smuggling tactic.
8.00 **Special Ops: Crime Squad UK** A ground-breaking investigation into a shocking murder case.
9.00 **Have I Got a Bit More News for You** Victoria Coren Mitchell hosts, with guests Miles Jupp and Sheila Hancock.
10.00 **QI** With Jo Brand, Sean Lock and Bill Bailey.
10.40 **Mock the Week** Compilation featuring unaired material.
11.20 **Mock the Week** With James Acaster, Katherine Ryan, Josh Widdicombe and Matt Forde.
12.00 M'T **Live at the Apollo** Hosted by Sarah Millican.
2.00 AM **QI XL** With Jack Whitehall.
3.00 **to 4.00** AM **Have I Got a Bit More News for You**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.10 AM **The Bill**
12.05 PM **Call the Midwife**
2.30 **Catherine Cookson's A Dinner of Herbs** 2/2. Conclusion of the drama starring Billie Whitelaw as a herbalist who takes an 11-year-old orphan under her wing. With Tim Healy, Michael Jayston and Jonathan Kerrigan.
5.45 **Home Fires** 4/6. Pat and Marek's relationship is in danger when they are seen together, and the Brindsleys come to realise the full extent of David's injuries. (S2)

5.45 Home Fires

6.50 **Hetty Wainthropp Investigates** *A Rose by Any Other Name:* 5/6. Hetty checks out a gold-digging fiancé. (S2)
8.00 **Sister Boniface Mysteries** *Stage Fright:* 9/12. A local amateur dramatics performer dies on stage. (S2)
9.00 **Silent Witness** *Betrayal:* Nikki is humiliated in court when a barrister accuses her of making a serious error, while the the Lintern team investigates the death of a medical researcher. Guest stars Art Malik and Dervla Kirwan.
11.15 **New Tricks** *Home Truths:* The discovery of a bloodstained pair of hot pants results in the team reinvestigating the 1971 disappearance of a mother and her six-month-old son.
12.35 AM **Call the Midwife**
1.35 **2point4 Children**
2.55 **to 4.00** AM **Darby and Joan**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Cops** Double bill.
9.50 **Blue Bloods** (S4)
12.40 PM **Columbo** Triple bill.
6.30 **Columbo** *Publish or Perish:* The shabby sleuth tries to prove that a publisher hired a hitman to kill an author threatening to sign with a rival company. **8.00** *Forgotten Lady:* A former Broadway star kills her husband and makes it look like suicide, hoping the publicity will help revive her flagging career.
10.00 **Law & Order: Special Victims Unit** *Collateral Damages:* 15/23. The team learn a deputy commissioner has links to a child pornography ring. (S17)
11.00 **Law & Order: Special Victims Unit** (S17)
2.00 AM **Blue Bloods** (S11)
2.55 **to 3.50** AM **Bull**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S8&9)
10.00 **Dogs Behaving (Very) Badly** Documentary.
11.00 **Shoplifters: Caught Red Handed** Double bill.
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions, including at: **8.00** Officers respond to a reported knife attack.
9.00 **Trauma Room One** A patient is rushed into theatre after a stroke.
10.00 **Ambulance: Code Red** A woman suffers from cardiac arrest while driving her car. **11.00** Paramedics rush to help a 67-year-old HGV driver who has suffered a cardiac arrest.
12.00 M'T **A&E After Dark**
1.00 AM **Text Me When You Get Home**
1.55 **Skin A&E**
2.45 **GPs: Behind Closed Doors** Medical series.
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Winter Road Rescue** Documentary.
9.35 **Outback Truckers**
11.30 **Gunsmoke** (S12)
4.40 PM **FILM Dakota** Western adventure with John Wayne. (1945, b/w, PG, 82min) ★★
6.25 **FILM The Man Who Shot Liberty Valance** John Ford western with James Stewart and John Wayne. (1962, b/w, U, 122min) ★★★★★
9.00 **FILM A Fistful of Dollars** Sergio Leone's Spaghetti Western starring Clint Eastwood as the nameless stranger who rides into a small Mexican border town run by two rival gangs. (1964, 15, 96min) ★★★★★
11.05 **FILM Man of the West** Western starring Gary Cooper and Lee J Cobb. (1958, 12, 96min) ★★
1.10 **to 4.00** AM **Outback Truckers**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Neighbours**
11.00 **My Family**
1.00 PM **The Supervet**
6.00 **Inside the Ambulance** Paramedics Hannah and Mike help a man who is in agony after having his kidney stones removed. **7.00** Paramedics Hannah and Amy treat a teenager whose pain has left her unable to speak.
8.00 **Inside the Operating Theatre** Dr Fox's fiancée Sally has her wisdom teeth removed. **9.00** One patient is flown home from holiday for an urgent operation to repair a detached retina.
10.00 **The Catherine Tate Show** Triple bill.
12.00 M'T **Stacey Dooley Sleeps Over: Family and Me** Documentary.
1.00 **to 3.00** AM **Preaching Evil: A Wife on the Run with Warren Jeffs**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering**
8.00 **Great Continental Railway Journeys**
11.00 **Seven Worlds, One Planet** Double bill.
1.00 PM **Incredible Journeys with Simon Reeve**
3.00 **Explore** Double bill.
5.00 **Stanley Tucci: Searching for Italy**
7.55 **Bangers & Cash** Derek picks up a Mark 1 Cortina. **8.55** Charlie picks up a Vauxhall Viva from a man who has owned it for over half a century. **9.55** Jack's baby Max makes his podium debut with his great grandad Derek.
10.55 **One Foot in the Grave**
11.35 **Red Dwarf**
12.50 AM **Bangers & Cash**
1.50 **to 3.00** AM **Great British Railway Journeys**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Majorca.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **Derelict Rescue**
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Double bill.
5.00 **A Place in the Sun**
9.00 **Long Lost Family** The stories of three men who were brought up in the care system.
10.00 **Who Do You Think You Are?** Retired heptathlon star Jessica Ennis-Hill learns about her Jamaican four-time great-grandfather's journey from enslavement to land ownership.
11.00 **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **My Lottery Dream Home**

+1 hour 242 365

SUNDAY Entertainment

Sunday

Great! TV

157 167 170 34 32

8.10 AM **A Fine Romance**
8.40 **The Waltons** (S4&5)
12.40 PM **The Waltons** (S5)
4.50 **FILM Carry On Nurse** Comedy with Kenneth Connor and Kenneth Williams. (1959, b/w, PG, 85min) ★★★
6.40 **FILM Kindergarten Cop** Comedy thriller starring Arnold Schwarzenegger as a detective who goes undercover disguised as a preschool teacher. (1990, 15, 111min) ★★★
9.00 **FILM Courage Under Fire** Military drama with Denzel Washington and Meg Ryan. A US army officer investigates the death in action during the Gulf War of a female helicopter pilot. (1996, 15, 116min) ★★★
11.30 **M*A*S*H** (S8&9)
2.10 AM **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM **Wanted: Dead or Alive** Double bill.
10.00 **FILM A Time for Killing** Western with Glenn Ford. (1968, 15, 83min) ★★
12.00 NOON **FILM Abilene Town** Western. (1946, b/w, 15, 91min) ★★
2.00 PM **FILM The Charge of the Light Brigade** Period drama. (1968, PG, 130min) ★★★
4.45 **FILM The Vault** Thriller. (2021, 15, 118min) ★★
7.00 **FILM Without Remorse** Action thriller. (2021, 15, 109min) ★★
9.00 **FILM Predator 2** Sci-fi action fantasy sequel. (1990, 15, 107min) ★★★
11.20 **FILM Mercenary: Absolution** Thriller. (2015, 18, 91min) ★★
1.20 AM **Dragon Ball Super**
2.20 **Coast Guard Alaska**
3.25 **FILM Meteor Storm** Thriller. (2010, 12) ★
5.15 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **Hailey Dean Mysteries**
11.00 **Murder, She Wrote** Ten episodes of the mystery.
9.00 PM **FILM Family History Mysteries: Buried Past** Thriller starring Janel Parrish and Niall Matter. A genealogist attempts to help her friend who urgently needs to find a bone marrow donor. (2023, PG, 84min) ★★
10.55 **FILM Garage Sale Mysteries: Pandora Box Murders** Drama starring Lori Loughlin. (2018, PG, 85min) ★★
12.50 AM **FILM Hidden Crimes** Crime thriller starring Tricia Helfer. (2009, 12, 90min) ★★
2.25 **FILM A Mother Betrayed** Psychological thriller with Lynn Collins. (2015, PG, 95min) ★★
4.00 **to 5.00** AM **Diagnosis Murder**

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM **FILM Stepping into Love** Romantic drama. (2023, PG, 82min) ★★
10.00 **FILM Written in the Stars** Romantic drama. (2021, U, 89min) ★★
12.00 NOON **FILM Love By Accident** Drama. (2020, PG, 84min) ★★
2.00 PM **FILM Technically Yours** Romantic drama. (2025, PG, 90min) ★★
4.00 **FILM A Paris Proposal** Romantic comedy. (2023, PG, 84min) ★★
5.55 **FILM When Love Springs** Comedy. (2023, PG, 84min) ★★
7.50 **FILM Love's Last Resort** Romantic drama. (2017, PG, 85min) ★★
9.45 **FILM Be Mine** Drama. (2021, PG, 92min) ★★
11.45 **FILM Inspiring Love** Drama. (2023, PG) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Technically Yours**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Sherlock Holmes at Victoria Falls**
4.00 PM **FILM Fist of Fury** Martial arts thriller starring Bruce Lee. (1972, 18, 106min) ★★★
6.00 **FILM Bang Bang You're Dead** Drama starring Ben Foster. (2001, 15, 89min) ★★★★
8.00 **FILM You Can't Win 'em All** Adventure starring Tony Curtis and Charles Bronson. (1970, PG, 95min) ★★
10.00 **FILM The Sex Thief** Riotous comedy starring David Warbeck. (1973, 18, 90min) ★★
12.00 M'T **FILM Wife Swappers** Drama. (1965, 12, 90min) ★★
1.45 AM **FILM Bang Bang You're Dead** As 6.00pm.
3.45 **Becoming Jazzy Whipps**
4.00 **to 5.00** AM **Swinging London Session Musicians**

Rewind TV

182 81 164 141

6.00 AM **Space 1999** (S2)
7.00 **Man in a Suitcase**
9.00 **Bubblegum & Cheese**
10.00 **Bottle Boys** 3-5/6. (S1)
11.30 **The Fenn Street Gang**
1.00 PM **Second Thoughts**
2.00 **Agony** 5-7/7. (S2)
3.30 **Hallelujah** 6&7/7. (S1)
4.30 **Bottle Boys** (S1)
6.00 **Frankie's On**
6.30 **Doctor in Charge** (S1)
7.30 **The Fenn Street Gang**
9.00 **Space 1999** 6/24. (S2)
10.00 **FILM And God Created Woman** Roger Vadim's fantasy remake starring Rebecca DeMornay. (1987, 18, 94min) ★
12.00 M'T **FILM Invasion of the Bee Girls** Sci-fi thriller starring Victoria Vetri and William Smith. (1973, 18, 82min) ★
1.45 AM **Stereo Underground**
2.45 **Frankie's On**
3.10 **Agony** 6&7/7. (S2)
4.10 **Bubblegum & Cheese**
5.00 **to 6.00** AM **Stereo Underground**

DMAX

159 151 169 39 147 35

6.00 AM **How Do They Do It?**
9.00 **Kindig Customs**
1.00 PM **Junkyard Empire**
3.00 **Ant Anstead Master Mechanic** Four editions.
5.00 **Wheeler Dealers**
7.00 **Expedition Bigfoot** The team are hot on the trail of Bigfoot. **8.00** The expedition takes a turn when a team member goes missing.
9.00 **The Strangest UFO Stories of All Time** A look at possible alien involvement in the building of the pyramids. **10.00** Something is hungry for blood in the jungles of Latin America.
11.00 **Expedition X** Phil and Jess travel to Monterrey, Mexico, where locals encounter black magic.
12.00 M'T **Expedition X**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food**
1.00 PM **James Martin's Spanish Adventure**
3.00 **The Great British Bake Off** The bakers take on Bread Week. **4.30** Mexican Week. **6.00** Dessert Week. **7.30** Halloween Week.
9.00 **James Martin's Spanish Adventure** In Granada, James visits a restaurant with views of the Alhambra, and visits an organic caviar farm.
10.00 **Man v Food** A burger featuring two frisbee-sized meat patties. **10.30** A fiery pulled pork sandwich.
11.00 **Michel Roux's French Country Cooking**
12.00 M'T **James Martin's Spanish Adventure**
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **Babylon 5** (S2)
12.00 NOON **FILM First Men in the Moon** Adventure. (1964, U, 99min) ★★★
2.00 PM **FILM Arizona Bushwhackers** Western. (1968, PG, 87min) ★★★
3.45 **FILM Showdown** Western adventure (1972, PG, 99min) ★★
5.40 **FILM The Professionals** Western adventure with Burt Lancaster. (1966, PG, 117min) ★★★★
8.00 **The Twilight Zone** (S3)
9.00 **FILM The Wild Geese** Action adventure with Richard Burton. (1978, 15, 134min) ★★★★
11.45 **FILM Wheels of Terror** World War Two drama starring Bruce Davidson. (1987, 15, 101min) ★★
1.45 AM **FILM Rogue Hostage** Action thriller. (2021, 15, 93min) ★★
3.35 **to 5.15** AM **FILM The Blood Beast Terror** Horror. (1967, 12) ★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **The A-Team** (S2)
3.00 PM **FILM Sinbad and the Clash of the Furies** Action adventure. (2016, 12, 90min) ★
5.00 **FILM Weather Wars** Sci-fi disaster thriller. (2011, 15, 82min) ★★
7.00 **FILM Charro!** Western starring Elvis Presley. (1969, U, 98min) ★
9.00 **FILM The 13th Warrior** Medieval adventure starring Omar Sharif and Antonio Banderas. (1999, 15, 103min) ★★★
11.05 **FILM Escape Plan 3** Action thriller sequel with Sylvester Stallone. (2019, 15, 97min) ★
1.05 AM **FILM The 13th Warrior** As 9.00pm.
3.10 **FILM Instrument of War** Wartime drama. (2017, 12, 90min) ★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Hardcore Pawn**
9.15 **Pawn Stars**
11.10 **Container Wars**
1.05 PM **Junk & Disorderly: Henry's Wreck-trospective** Double bill.
3.05 **Junk & Disorderly**
4.05 **Storage Wars**
7.00 **Secrets in the Jungle**
8.00 **Secrets in the Sand** How ancient burial sites illuminate forgotten lives.
9.00 **Mysteries Unearthed with Danny Trejo** Treasures recovered from chambers, tunnels, caves and burial sites.
10.00 **Cursed Histories** How showman PT Barnum made millions off the backs of the defenseless.
11.00 **What on Earth?**
1.00 AM **Strange Evidence**
2.00 **Cops Uncensored**
3.00 **Discovered by Disaster**
4.00 **Walking Through History** Documentary.
5.00 **to 6.00** AM **River Hunters**

5SELECT

153 166 138 46 133 30

9.00 AM **Secret Life of the Forest** Triple bill.
11.55 **All Creatures Great and Small Christmas Special** 7/7. (S3)
1.00 PM **All Creatures Great and Small** (S4)
5.00 **The Madame Blanc Mysteries** 3&4/6. (S4)
7.00 **The Palace and the Presidents** A look at the relationship between the Royal Family and US presidents.
8.30 **Harry & Meghan: Has America Had Enough?** Examining how and why the mood in the US has changed towards Harry and Meghan.
10.00 **Death of a Prince: The Tragedy of William of Gloucester** The death of Elizabeth II's cousin.
11.00 **Taggart** *Dead Reckoning.*
1.55 AM **Prisoner: Cell Block H** Double bill. (S1)
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Family Fortunes**
11.00 **Blockbusters**
12.00 NOON **Celebrity Catchphrase**
1.00 PM **Tenable**
2.00 **Bridge of Lies**
3.00 **The Chase** Double bill.
5.00 **The Chase Celebrity Special** With Gemma Merna, Adrian Chiles, Jon Snow and Rosie Marcel. **6.00** With Kym Marsh, Louie Spence, Tracey Cox and Greg Rusedski.
7.00 **The Chase** Double bill of the quiz show.
9.00 **The Chase Celebrity Special** With guests Matt Allwright, Stacey Solomon, Louise Minchin and Keith Allen.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **The Big Bang Theory**
7.00 PM **The Big Bang Theory** 4/23. Guest stars Charlie Sheen. **7.30** 5/23. Sheldon is forced to overcome his fear of driving. (S2)
8.00 **Georgie and Mandy's First Marriage** 9/22. Georgie discovers Jim's tyre convention trip isn't what he says it is. **8.30** 10/22. Audrey and Mary go to war over CeeCee and Georgie. (S1)
9.00 **Unacceptable** New edition Lucy Beaumont gives a PM address, and Ivo Graham defends state support for private schools.
10.00 **Unacceptable**
12.00 M'T **Zero Stars**
1.00 AM **Young Sheldon**
3.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **The Comedy Bus**
9.30 **Friends** 6-20/24. (S7)
5.00 PM **Bradley & Barney Walsh: Breaking Dad**
6.00 **Mr Bean**
9.00 **FILM The Dukes of Hazzard** Action comedy based on the TV series, starring Seann William Scott, Johnny Knoxville and Jessica Simpson. (2005, 15, 104min) ★
11.00 **Jimmy Carr's Am I the A**hole?**
12.00 M'T **8 Out of 10 Cats**
1.40 AM **Gods of the Game**
2.10 **The Comedy Bus**
2.40 **MTV Cribs**
2.55 **The Comedy Central Chart Show**
3.00 **David O'Doherty: Comedy Central Live**
3.25 **Bradley & Barney Walsh: Breaking Dad**
4.15 **to 5.00** AM **Stupid Central**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 9&10/26. (S3)
6.50 **Rosie Jones Tries to Help** With Desiree Burch.
7.00 **Teleshopping**
9.00 **Most Ridiculous**
11.00 **Criminally Funny**
7.00 PM **Friends** 11/24. Monica turns up uninvited at her cousin's wedding. **7.30** 12/24. Ross and Joey get trapped. **8.00** 13/24. Phoebe spends a surreal first day as a telemarketer. **8.30** 14/24. The pals celebrate Rachel's 30th. **9.00** 10/25. Rachel quits her waitressing job. **9.30** 11/25. Chandler falls for one of Joey's sisters. (S3)
10.00 **Friends** 12-19/25. (S3)
2.00 AM **Impractical Jokers**
3.00 **The Daily Show**
4.50 **Mike Judge's Beavis and Butt-Head** (S3)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 56 42

8.00 AM **The Kenny Everett Video Show** Comedy.
8.30 **On the Buses** (S2)
10.05 **You Rang, M'Lord?**(S2)
1.10 PM **Steptoe and Son**
4.20 **Rising Damp** (S1)
7.55 **Minder** *Bring Me the Head of Arthur Daley:* 9/10. Arthur is framed for crimes he did not commit. (S10)
9.00 **Benidorm** 2/7. Kenneth holds a seance. (S7)
9.55 **Shameless** 9/16. Monica gets a visit from her estranged mother. (S5)
10.55 **Man About the House**
11.25 **Mind Your Language**
11.55 **Benidorm** 2/7. (S7)
12.55 AM **Minder** 5/11. (S4)
2.00 **Duty Free** 4/7. (S3)
2.20 **Man About the House**
2.45 **The Kenny Everett Video Show** Comedy.
3.10 **That's 60s: Best Music Live!**
4.00 **Nearest and Dearest**
4.25 **to 5.00** AM **That's 60s: Best Music Live!**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Dallas Cowboys Cheerleaders**
10.00 **Teen Mom: The Next Chapter** Triple bill.
1.00 PM **Judge Judy**
6.00 **Catfish: The TV Show** Devan is suspicious of Rylan's behaviour. **7.00** Nev and NFL star Rashad Jennings help Deven find his online love. **8.00** Michael discovers his online love is married.
9.00 **Skin A&E** Documentary.
10.00 **Tattoo Fixers** A cartoon tattoo is threatening to derail wedding plans. **11.00** A man whose tribute to his beloved mum went badly wrong.
12.00 M'T **Ink Master**
1.00 AM **Jersey Shore Family Vacation**
2.00 **Ghosted: Love Gone Missing** Reality series.
2.45 **All Star Shore**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Wheeler Dealers**
12.00 NOON **Building Off the Grid**
2.00 PM **Alaska: Homestead Rescue** The Raneys tackle a treehouse cabin on the verge of collapse in Missouri. **3.00** The Raneys help a family in northern California. **4.00** The Raneys come to the aid of a family in Idaho. **5.00** An Arizona homestead faces deadly monsoon floods and a menacing cougar. **6.00** The Raneys create a self-automated homestead in the Alaskan wilderness.

9.00 Barnwood Builders

7.00 Alaska: Homestead Rescue After Hurricane Helene obliterates a 100-year-old farmhouse in North Carolina, a once self-sufficient family are left with nothing, so the Raneys help them rebuild.

9.00 Barnwood Builders The team build a pioneer blacksmith shop made from reclaimed beams, barnwood and rafters.

10.00 Deadliest Catch Sophia joins Sig, and when a crab boat goes down, the *Wizard* is the only vessel close enough to reach it.

11.00 **Mighty Truckers**
12.00 M'T **Kindig Customs** The team transform a 1948 GMC truck. **1.00** AM Dave and Kevin go to a car show in Chicago. **2.00** Dave makes a deal for a rare VW Transporter pickup.
3.00 **to 5.00** AM **American Chopper**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Jackson Galaxy deals with his most vicious feline attack in years. **4.00** A hyperactive Persian cat suddenly collapses.
5.00 **Treehouse Masters** A barn-like birdhouse built for two retirees in Wisconsin.
6.00 **Bad Dog!** A monkey has free rein of his owner's house.

8.00 Treetop Cat Rescue

7.00 How Do Animals Do That? A look at how polar bears keep warm. **7.30** A look at why drowned ants don't drown.

8.00 Treetop Cat Rescue Shaun battles to get a repeat offender down. **8.30** Cake the cat proves not to be quite so sweet.

9.00 Alaskan Bush People: Book of Bam An interview with Bam Bam Brown, who often serves as taskmaster.

10.00 Tanked Howie Mandel wants ATM to build another tank, this time it's a surprise for his manager's company.

11.00 **Alaska: The Last Frontier** Atz encounters a predator.
12.00 M'T **River of No Return** Heavy rain threatens to destroy Aubrey's ranch.
1.00 AM **Saved by the Barn**
2.00 **The Haunted**
3.00 **Little Giants** Double bill.
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **World's Greatest Train Journeys from Above**
11.00 **Mega Marine Machines**
12.00 NOON **Air Crash Investigation** Seven editions of the series, including at: **5.00** PM A plane crash in Taiwan is initially blamed on a storm. However, when a second plane from the same airline crashes within six months, investigators are suspicious. **6.00** The crash of Korean Air Flight 801 in 1997, which was blamed on errors made by the pilot and the airline.

8.00 Lost Treasures of Ancient...

7.00 Hidden Beneath the Cities New edition Uncovering ancient tombs in Jordan and a Bronze Age coffin in England.

8.00 NEW SERIES Lost Treasures of Ancient Greece Archaeologists investigate the legend of the Minotaur.

9.00 Pompeii: Out of Time with Tom Hiddleston 1/3. The actor explores the eruption of Mount Vesuvius in 79 CE.

10.00 Pompeii: Out of Time with Tom Hiddleston 2/3. Following a soldier, a woman and a boy as lives hang in the balance.

11.00 **Air Crash Investigation** How more than 300 passengers on Air France Flight 358 escaped after the plane veered off a Toronto runway and caught fire in 2005. **12.00** M'T A plane that lost engine power after flying through volcanic ash in 1982.
1.00 AM **Car S.O.S** Double bill.
3.00 **to 5.00** AM **Megafactories**

Sky History

123/124 115/116 131 353 368

6.00 AM **What on Earth?**
8.00 **UFO POV** Triple bill.
11.00 **Pawn Stars** Four editions.
1.00 PM **Rome: Rise and Fall of an Empire** The story of General Marius, who defeated a barbarian invasion. **2.00** Spartacus' revolt against General Crassus' army. **3.00** How Julius Caesar's popularity sparked a civil war. **4.00** The victory won by Germanic chieftain Arminius. **5.00** A look at Claudius's conquest of Britain. **6.00** The rule of Trajan.

8.00 The Rise and Fall of the...

7.00 Rome: Rise and Fall of an Empire The rule of Marcus Aurelius, who was forced to endure a series of military campaigns.

8.00 NEW SERIES The Rise and Fall of the Roman Empire Chronicling Rome's dramatic rise, dominance and fall from an ambitious republic battling for survival in the Ancient Mediterranean to a vast empire that ruled the western world.

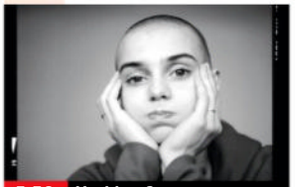
10.00 World War II with Tom Hanks The Pacific campaign reaches a brutal and bloody fever pitch from 1944 to 1945.

11.00 **World War II with Tom Hanks** The last days of the Reich.
12.00 M'T **Pawn Stars** An artwork believed to be by Renaissance master Raphael is unearthed. **12.30** AM A signed copy of *Seven Years in Tibet* turns up. **1.00** Original NBC posters. **1.30** Examining a medal with links to Captain Cook.
2.00 **to 6.00** AM **What on Earth?**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Sally Field**
7.00 **Discovering: Tom Hanks**
8.00 **The Directors**
10.00 **Benetton Formula**
12.00 NOON **On the Line: The Richard Williams Story**
1.50 PM **Everton: Howard's Way** The story of Everton's trophy-winning peak in the 1980s.
4.00 **One to One: John & Yoko** The time John Lennon and Yoko Ono spent living in New York's Greenwich Village.
5.50 **Nothing Compares** Sinéad O'Connor's rise to fame.



5.50 Nothing Compares

7.50 Katie Price: Nothing to Hide 3/4. As Katie and Peter Andre become a celebrity power couple, a carefully orchestrated rebrand kills off Jordan, threatening her identity, relationship and future.

9.00 The Truth vs Alex Jones Documentary following the two defamation lawsuits brought by families of Sandy Hook Elementary School shooting victims against Alex Jones and his website InfoWars.

11.20 **2000 Meters to Andriivka** A Ukrainian platoon traverse a heavily fortified mile of forest to liberate a strategic village from Russian forces.
1.30 AM **Surviving Ohio State**
3.30 **Salt Path: A Very British Scandal** Allegations of factual inaccuracies in Raynor Winn's 2018 book *The Salt Path*.
5.00 **to 6.00** AM **The Directors**

7 PM
8 PM
9 PM
10 PM

Sunday

Quest

140/141 149 128/137 17 145 18

6.00 AM **American Pickers**
8.00 **Johnny Vegas' Little Shop of Antiques**
9.00 **Celebrity Yorkshire Auction House**
11.00 **The Yorkshire Auction House** Double bill.
1.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** Vintage oil cans.
6.00 **Angus Ashworth: Yorkshire Heritage Hero**
7.00 **Johnny Vegas' Little Shop of Antiques**
8.00 **The Repair Shop** The team restore a Victorian railway lamp and a Brownie toadstool. **9.00** Restoring a fire pump, a healing bowl and a woven horse head.
10.00 **The Repair Shop**
1.00 AM **Ant Anstead Master Mechanic**
3.00 **Wheeler Dealers: Dream Car**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Forensic Detectives**
11.00 **Faking It: Tears of a Crime** Becky Watts.
12.00 NOON **FBI Files**
3.00 PM **A Body in the Basement** Triple bill.
6.00 **Hometown Homicide** The death of 17-year-old athlete Alexis Murphy. **7.00** The 2008 case of 27-year-old Iisha Sidie. **8.00** The disappearance of Doe Roberts in 1992.
9.00 **A Killer's Mistake** The case of Sarah Wellgreen.
10.00 **Faking It: Tears of a Crime** The story of Karen Matthews.
11.00 **Lethally Blonde**
12.00 M'T **Faking It: Tears of a Crime** Ian Stewart.
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **UK Crime Files: Murder on the Rocks** The discovery of a body on a Scottish island.
8.00 **UK Crime Files: Murdered For Love** The case of Paul Gault.
9.00 **UK Crime Files: Seaside Lady Macbeth** The case of a scandalous love triangle.
10.00 **UK Crime Files: Merseyside Wheelchair Murderer** A look at the case of Linda Anders, who was found dead at her home.
11.00 **UK Crime Files: The Party Killer** The case of Charlotte Pinkney.
12.00 M'T **UK Crime Files: Murderous Carer**
1.00 AM **Killers: Caught on Camera** True-crime.
2.00 **Murder Book**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **Secrets of a Murder Detective**
2.00 PM **UK Crime Files: Anagram Serial Killer**
3.00 **UK Crime Files: Brides in the Bath Murders** The story of George Smith, who married women, drowned them and stole their money.
4.00 **UK Crime Files: Evil Walks the Streets** Exploring the crimes of Graham Fisher.
5.00 **UK Crime Files: Mystery of the Man in the Woods** Exploring how a young man met a disastrous end.
6.00 **UK Crime Files: Killer Commadore** The story of Paul Longworth, who killed his wife in 1997.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Highway Cops**
7.00 **A1: Britain's Longest Road** Documentary.
8.00 **Road Wars**
9.00 **Caught on Dashcam**
11.00 **Caught Red Handed**
2.00 PM **Forensics: Catching the Killer** Double bill.
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
7.00 **Forensics: Catching the Killer** Double bill.
9.00 **NEW SERIES The Idaho Murders** Crime documentary.
11.00 **Killer in My Village**
12.00 M'T **What the Killer Did Next** Peter McMahon.
1.00 AM **World's Most Evil Killers** Joshua Wade.
2.00 **Britain's Most Evil Killers** Harold Shipman.
3.00 **The Real Manhunter**
4.00 **Brit Cops: Law & Disorder** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Waco: Longest Siege** Documentary.
9.35 **The Siege of Leningrad**
10.40 **USS Indianapolis: The Final Chapter**
11.55 **Waco: Longest Siege**
1.00 PM **A Nation Denied: Ukraine's Battle for History** 1&2/2.
3.00 **The Siege of Leningrad**
4.10 **USS Indianapolis: The Final Chapter**
5.20 **Waco: Longest Siege**
6.30 **Titans of the Cold War** Four editions of the series, including at: **8.45** Carter and Brezhnev face crises from Tehran to Kabul as détente collapses. **9.50** Reagan and Gorbachev must confront the Cold War's most decisive stage
10.55 **Waco: Longest Siege**
12.00 M'T **USS Indianapolis: The Final Chapter**
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

SUNDAY

Sunday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Dogs with Extraordinary Jobs** Triple bill of editions.
9.00 **My Best Friend's an Animal**
11.00 **The Ocean's Greatest Feast**
12.00 NOON **Volcanic Odysseys**
1.00 PM **Matsalu Moose: Wild Giants of the Baltics**
2.00 **Dogs: An Amazing Animal Family** Triple bill of editions.
5.00 **Superbeast** New edition A celebration of nature's ultimate athletes as they survive, excel and dominate in Earth's toughest arenas.
6.00 **Flying Monsters with David Attenborough** Documentary.
7.30 **David Attenborough's Natural History Museum Alive** A unique tour of the institution.
9.00 **Attenborough at 100: Behind the Lens** A portrait of David Attenborough to mark his 100th birthday.
10.00 **Superbeast** As 5.00pm.
11.00 **Secret Life of the Wombat**
1.00 AM **13 Hours to Survive**
3.00 **Alaskan Summer**
4.00 **to 6.00** AM **Undiscovered Vistas**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Digging for Britain**
10.00 **Digging Up Britain's Past**
11.00 **Kevin Costner's The West**
1.00 PM **Britain's Lost Battlefields with Rob Bell** Bosworth Field.
2.00 **Ancient Aliens** Double bill.
4.00 **Digging for Britain**
6.00 **Battle 360** Reconstructing the 1944 battle of Leyte Gulf.
7.00 **Bone Detectives: Britain's Buried Secrets** The discovery of a Roman cemetery.
8.00 **Crimes That Shook Britain** David Copeland's series of nail bomb attacks in 1999.
9.00 The murder of Jill Dando.
10.00 The 1996 massacre at Dunblane Primary School.
11.00 **Ancient Aliens** Examining the evidence of alien overseers.
12.00 M'T Influences on the forces of inspiration.
1.00 AM **Battle 360**
2.00 **Secret Wars Uncovered**
3.00 **Combat Ships**
4.00 **Crimes That Shook Britain**
5.00 **to 6.00** AM **Discovered by Disaster**

Discovery Science

167 148 179

8.00 AM **The Dino Hunters**
10.00 **How It's Made**
12.00 NOON **How Do They Do It?**
2.00 PM **Extreme Engineering**
3.00 **Savage Builds**
4.00 **Space Launch: Splashdown**
6.00 **How It's Made** Four editions.
8.00 **Legendary Locations** A pyramid in Central America and ancient Greek myths.
8.30 Josh Gates explores places where legends never die in Romania, Japan and Germany.
9.00 Josh investigates a Japanese ice cave.
9.30 Exploring a millionaire's disappearance in Malaysia.
10.00 **American Titans** Analysing the men who made America an economic superpower.
11.00 The work of Thomas Edison and Nikola Tesla.
12.00 M'T **Truth Behind the Moon Landing** Double bill of editions.
2.00 AM **Alien Highway**
4.00 **to 6.00** AM **How Do They Do It?**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **Killer Britain with Dermot Murnaghan** Double bill.
8.00 **Cops Who Kill with Will Mellor**
10.00 **Murdertown** Double bill.
12.00 NOON **999: Killer on the Line**
2.00 PM **Crimes That Shook Britain**
4.00 **Green Eyed Killers**
7.00 **Alaska State Troopers** Officers locate a naked wolf hunter.
8.00 **Cold Case Files** When 36-year-old Rodney Castin is gunned down in the lobby of his hotel in 2000, detectives scour Marietta for his killer.
9.00 **The Death Investigator with Barbara Butcher** The ambush of a Las Vegas journalist.
10.00 **Cold Case Files** A quiet town is rocked by a disappearance.
11.00 The 1984 murder of 15-year-old Reesa Trexler.
12.00 M'T **Staged: Deadly Deception** Documentary.
1.00 AM **Cold Case Files: Murder in the Bayou**
2.00 **Accident, Suicide or Murder?**
5.00 **to 6.00** AM **Killer in Plain Sight**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
10.00 **Battle of the Swamp Dragons**
11.00 **Sky Sharks** Documentary.
12.00 NOON **Crocodile: Australia's Greatest Survivor**
1.00 PM **Wild Australia: Fierce Families, Tough Terrain**
2.00 **Australia's Wild Woodlands**
3.00 **Extraordinary Australia**
4.00 **Secrets of the Zoo: Tampa**
5.00 **Critter Fixers: Country Vets** New edition The vets treat a snake-bitten dog, rescue trapped kittens and help a baby squirrel and an elderly lap dog.
6.00 **Heartland Docs** New edition The Schroeders deliver a calf during a snowstorm.
7.00 **Wild India** Life through the eyes of a newborn elephant calf.
8.00 Life under the canopies illustrated in *Jungle Book*.
9.00 Visiting the Marusthali.
10.00 **Legend of the Giant Squid**
11.00 **When Sharks Attack 360**
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **When Sharks Attack**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

161/172 147 181

7.00 AM **Shed and Buried**
9.00 **Massive Engineering Mistakes**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides** Triple bill.
6.00 **Blowing Up History** Experts use innovative geophysical analysis to solve the mysteries of the towering Mount Nemrut.
7.00 Examining the ancient city of Persepolis, once the greatest and richest city on Earth.
8.00 How the most iconic buildings of the ancient worlds were built, stone by stone.
9.00 **Salvage Hunters: The Restorers** The experts work on a Chesterfield sofa rescued from the scrapheap.
10.00 The restoration team transform a shabby set of apothecary drawers.
11.00 The artisan restorers revive a rare and valuable fairground ride, then resuscitate a Victorian park bench.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Brit Cops Down Under**
1.00 PM **Brit Cops Down Under** Twelve editions, including at:
5.00 The final wave of UK recruits arrive, and Jay has his first day out on the beat.
6.00 From first days on the beat to stressful house-hunting, the reality of life in Perth hits the rookie cops.
7.00 Anna hits the first milestone in Australia without the support of family – Isabelle's eighth birthday.
8.00 Maggie and Darren settle in at Perth's central station.
9.00 Ben is unsure whether he will stay in Australia, and Jay feels apprehensive about carrying a weapon.
10.00 Ben is torn between missing his family and his new amazing life.
11.00 **Brit Cops Down Under**
1.00 AM **David Attenborough's Natural Curiosities**
5.30 **to 6.00** AM **Great British Railway Journeys**

+1hour 266 376

ID

154 140 166

8.00 AM **Forbidden: Dying for Love**
12.00 NOON **On the Case with Paula Zahn** Four editions.
4.00 PM **American Monster** Behind Rogelio Morales's winning smile lurks a monster.
5.00 Jeff Silvernail finds his partner dead at home.
6.00 On the night of her son's wedding, Christy is found dead.
7.00 The grizzly truth about a seemingly perfect relationship.
8.00 **Evil Lives Here** A man's wife suspects his fetish is morphing into something more sinister.
9.00 A jilted lover exacts the cruellest revenge.
10.00 **The Friday the 13th Murders** On Friday the 13th, a Satan-obsessed teen stalks a town.
11.00 **Murder on CCTV** A shooting which occurred in a pawn shop.
12.00 M'T The disappearance of 24-year-old Ryan Lane.
1.00 AM **People Magazine Investigates** True-crime.
2.00 **Death by Fame**
4.00 **to 6.00** AM **Still a Mystery**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **Supertruckers**
10.00 **Extreme RVs**
11.00 **Extreme Car Hoarders**
12.00 NOON **Faster with Finnegan**
5.00 PM **Shed and Buried: Classic Cars** Henry and Fuzz snap up a vintage Oldsmobile hot rod with a legendary V8.
6.00 Henry and Fuzz visit Martin's eclectic collection, and a Cold War-era VEB Trabant steals their attention.
7.00 **Wheeler Dealers** Mike helps a member of the team by fixing up his four-litre V6 Mustang.
8.00 Ant attempts to restore a 1973 Ford Mustang Mach 1 to its former glory.
9.00 A part-restored Chevrolet Camaro in California.
10.00 A 2002 Chevy Corvette Z06 is revamped.
11.00 Mike bags a Chevrolet Corvette Stingray, but it has only been part-restored.
12.00 M'T Mike purchases a Ford Mustang Fastback.
1.00 **to 4.00** AM **Supertruckers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **PREMIERE Eleanor the Great** As shown at 2.00pm.
7.45 **Wicked: For Good** (2025)
10.10 **Anaconda** As 6.10pm.
11.55 **Mortal Kombat II** As 8.00pm.
2.00 PM **PREMIERE Eleanor the Great** Scarlett Johansson's drama starring June Squibb. (2025, 12, 98min) ★★★★
3.45 **Wicked: For Good** Fantasy. (2025, PG, 137min) ★★★
6.10 **Anaconda** Comedy adventure. (2025, 12, 99min) ★★★

2.00 Eleanor the Great

8.00 Mortal Kombat II Fantasy adventure sequel with Karl Urban, Adeline Rudolph and Martyn Ford. Several champions are pitted against one another in the ultimate battle to defeat the dark rule of Shao Kahn. (2024, 15, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Civil War Action thriller starring Kirsten Dunst. In a dystopian America, a team of journalists race to the White House before a faction of rebels get there. With Wagner Moura. (2023, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Lurker** Crime drama starring Théodore Pellerin. (2025, 15, 100min) ★★★★
1.45 **Lee Cronin's The Mummy** Supernatural horror with Jack Reynor and Natalie Grace. (2026, 18, 134min) ★★★
4.10 **to 6.00** AM **PREMIERE Eleanor the Great** (2025)

Sky Cinema Jaws

303 303 403 503 517

7.25 AM **Jaws** As 8.00pm.
9.40 **Jaws 2** As 10.10pm.
11.45 **Jaws 3** As 6.05pm.
1.40 PM **Jaws** As 8.00pm.
3.55 **Jaws 2** As 10.10pm.
6.05 **Jaws 3** Thriller sequel starring Dennis Quaid. The opening of an undersea theme park turns into a bloodbath when a terrifying great white shark enters the underwater tunnels that have attracted the crowds. (1983, 12, 99min) ★★

8.00 Jaws

8.00 Jaws Steven Spielberg's monster thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. With Lorraine Gary. (1975, 12, 125min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Jaws 2 Shark attack adventure thriller sequel starring Roy Scheider, Lorraine Gary and Murray Hamilton. The chief of police in the resort of Amity fears that a shark is once more in the vicinity when a mutilated whale is washed ashore. (1978, PG, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Jaws 3** As 6.05pm.
1.55 **Jaws** As shown at 8.00pm.
4.00 **to 6.00** AM **Jaws 2**

Sky Cinema Drama

310 310 410 510 524

6.40 AM **Footloose** Teen dance drama. (1984, 12, 107min) ★★★
8.40 **Dreamgirls** Musical with Jamie Foxx. (2006, 12, 130min) ★★★★
11.00 **A Big Bold Beautiful Journey** Drama. (2025, 15, 109min) ★★★
1.00 PM **A Good Person** Drama. (2022, 15, 129min) ★★★★
3.20 **Empire of the Sun** Epic drama starring Christian Bale. (1987, PG, 152min) ★★★★

6.00 **The Illusionist** Period mystery starring Edward Norton, Paul Giamatti and Jessica Biel. (2006, PG, 110min) ★★★★
8.00 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★
10.30 **About Time** Romantic comedy fantasy starring Domhnall Gleeson and Rachel McAdams. A young man inherits the ability to time-travel into his past. (2013, 12, 120min) ★★★

12.35 AM **Plainclothes** Thriller starring Tom Blyth and Russell Tovey. (2025, 15, 95min) ★★★
2.15 **The Cut** Thriller with Orlando Bloom. (2024, 12, 99min) ★★★
3.55 **to 6.00** AM **Cookster: The Darkest Days** Drama. (2024, 15, 119min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.35 AM **We Bury the Dead** (2024)
8.20 **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
10.00 **Ghostbusters II** Action comedy sequel. (1989, PG, 99min) ★★★
11.50 **Constantine** Horror thriller. (2005, 15, 121min) ★★★
1.55 PM **Annabelle** Horror spin-off. (2014, 15, 97min) ★★
3.45 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★

5.45 **Van Helsing** Fantasy adventure. (2004, 12, 132min) ★★★
8.00 **Ghostbusters** Supernatural comedy starring Bill Murray. A trio of New York university parapsychologists go into business as ghost exterminators. (1984, 12, 105min) ★★★★
10.00 **The Exorcist** Horror starring Max von Sydow, Linda Blair, Jason Miller and Ellen Burstyn. A priest battles to exorcise a demon possessing a young girl. (1973, 18, 121min) ★★★★★

12.05 AM **The Crazies** Horror thriller. (2010, 15, 101min) ★★★★
1.50 **Anaconda** Jungle adventure. (1997, 15, 89min) ★★★
3.25 **Timestalker** Fantasy comedy. (2024, 15, 89min) ★★★★
5.00 **to 6.40** AM **We Bury the Dead** Horror. (2024, 15) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

7.30 AM **The SpongeBob Movie: Sponge Out of Water** Animated comedy adventure. (2015, U, 93min) ★★★
9.20 **Epic Tails** Animated adventure. (2022, U, 95min) ★★★
11.10 **Wicked** As 6.00pm.
1.55 PM **Wicked: For Good** (2025)
4.20 **Grand Prix of Europe** Animation. (2025, U, 98min)
6.00 **Wicked** Musical fantasy starring Cynthia Erivo. (2024, PG, 160min) ★★★★

8.40 Wicked: For Good

8.40 Wicked: For Good Fantasy adventure sequel based on the hit musical, starring Cynthia Erivo and Ariana Grande. Elphaba, the Wicked Witch of the West, must reunite with Glinda the Good to transform herself – and Oz. With Jeff Goldblum, Michelle Yeoh and Jonathan Bailey. (2025, PG, 137min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Charlotte's Web** Adventure. (2006, U, 97min) ★★★
12.45 AM **Dog Man** Animation. (2025, U, 89min) ★★★★
2.25 **Scooby-Doo** Comedy. (2002, PG, 86min) ★★★
3.55 **Scooby-Doo 2: Monsters Unleashed** Comedy sequel. (2004, PG, 93min) ★★★
5.30 **Cinema List: Family Favourites**
5.50 **to 7.35** AM **Jackie Chan's The Tuxedo** Action comedy. (2002, 12, 98min) ★★

Sky Cinema Action

306 306 407 507 521

7.35 AM **The Bricklayer** Thriller. (2023, 15, 110min) ★★
9.30 **Final Score** Action drama. (2018, 15, 104min) ★★★
11.15 **Gladiator II** Historical drama. (2024, 15, 148min) ★★★
1.55 PM **Days of Thunder** Drama. (1990, 15, 107min) ★★★
3.45 **Bullet Train** Comedy thriller. (2022, 15, 127min) ★★★★
5.55 **Bumblebee** *Transformers* prequel with Hailee Steinfeld. (2018, PG, 114min) ★★★★

8.00 Jurassic Park

8.00 Jurassic Park Steven Spielberg's monster thriller starring the late Sam Neill. A billionaire showman creates an island leisure park populated by genetically engineered dinosaurs. With Laura Dern. (1993, PG, 127min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Kraven the Hunter Fantasy adventure with Aaron Taylor-Johnson. A conservationist's complex relationship with his ruthless father sets him on a path of vengeance. (2024, 15, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **First Knight** Mythical drama starring Sean Connery. (1995, PG, 134min) ★★★
2.50 **The Toxic Avenger** Horror comedy with Peter Dinklage. (2023, 18, 102min) ★★★
4.45 **to 6.50** AM **Prisoner of War** Thriller starring Scott Adkins. (2025, 15, 112min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.35 AM **Ace Ventura Pet Detective** (1993, 12) ★★★★
9.10 **Ace Ventura: When Nature Calls** (1995, PG) ★★★
10.50 **Spinal Tap II: The End Continues** (2025, 15) ★★★
12.30 PM **Anaconda** (2025, 12) ★★★
2.25 **Pitch Perfect 3** Comedy sequel. (2017, 12, 93min) ★★★
4.05 **American Pie 2** Comedy. (2001, 15, 106min) ★★★
5.55 **Notting Hill** Romantic comedy. (1999, 15, 120min) ★★★★

5.55 Notting Hill

8.00 Dumb and Dumber Comedy starring Jim Carrey, Jeff Daniels and Lauren Holly. Two nerdy friends embark on a cross-country journey to return a beautiful woman's briefcase. (1994, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Dumb and Dumberer: When Harry Met Lloyd Comedy prequel starring Eric Christian Olsen and Derek Richardson. (2003, 12, 85min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **American Pie: The Wedding** Comedy sequel starring Jason Biggs and Alyson Hannigan. (2003, 15, 96min) ★
1.10 AM **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
3.05 **Mamma Mia! Here We Go Again** Musical comedy sequel. (2018, PG, 114min) ★★★★
5.05 **to 7.05** AM **Yesterday** Danny Boyle's fantasy comedy. (2019, 12, 116min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.30 AM **Caddo Lake** (2024) ★★★
8.20 **The Girl on the Train** Thriller. (2016, 15, 107min) ★★★★
10.15 **Murder by Numbers** Thriller. (2002, 15, 120min) ★★★
12.20 PM **Carolina Caroline** Thriller. (2025, 15, 105min) ★★★★
2.10 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
4.10 **The Bourne Supremacy** Thriller. (2004, 12) ★★★★
6.00 **The Bourne Ultimatum** Thriller. (2007, 12) ★★★★

10.35 Snatch

8.00 Inception Director Christopher Nolan's sci-fi thriller starring Leonardo DiCaprio. A corporate spy assembles a team to infiltrate the dreams of a billionaire, but his own guilty dreams of his dead wife threaten to sabotage the mission. With Ken Watanabe and Joseph Gordon-Levitt. (2010, 12, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

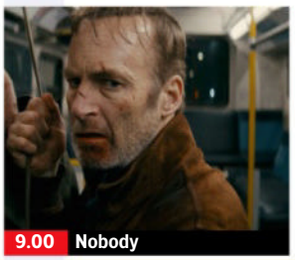
10.35 Snatch Crime comedy drama starring Jason Statham, Benicio Del Toro and Brad Pitt. A group of small-time British crooks plan to steal a diamond from a mobster. (2000, 18, 102min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Captain Phillips** Thriller. (2013, 12, 129min) ★★★★★
2.50 **The Hunt for Red October** Cold War suspense thriller. (1990, PG, 135min) ★★★★
5.15 **to 7.15** AM **Carolina Caroline**

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Black Shield of Falworth** Medieval adventure. (1954, U, 99min) ★★
1.05 PM **Turner & Hooch** Comedy. (1989, PG, 99min) ★★★
3.10 **The Poseidon Adventure** Thriller. (1972, PG) ★★★★★
5.25 **The Old Man & the Gun** Fact-based crime drama. (2018, 12, 93min) ★★★★
7.15 **Daddy's Home** Comedy. (2015, 12, 96min) ★★★


9.00 Nobody

Daddy's Home (film started at 7.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Nobody Crime drama starring Bob Odenkirk and Connie Nielsen. An unassuming family man reveals his true character after his house is burgled by two petty thieves. With Aleksei Serebryakov. (2021, 15, 88min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 Riders of Justice Danish action comedy drama starring Mads Mikkelsen. Subtitled. (2021, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.05 **to 3.20** AM **Vengeance** Mystery drama, written, directed by and starring BJ Novak, with Boyd Holbrook. (2022, 15, 107min) ★★★

+1 hour 314 430 47 301 257

Sky Cinema 2026 Recap

302 302 402 502 516

6.20 AM **The Bad Guys 2** Animation. (2025, PG, 104min) ★★★★
8.15 **The SpongeBob Movie: Search for SquarePants** (2025) ★★★
10.00 **Sketch** As shown at 4.15am.
11.45 **Lifehack** As 12.40am.
1.30 PM **Fuze** Drama starring Theo James. (2026, 15, 97min) ★★★
3.15 **One Battle After Another** Thriller with Leonardo DiCaprio. (2025, 15, 161min) ★★★★★
6.00 **Dead Man's Wire** Thriller with Bill Skarsgård and Al Pacino. (2025, 15, 104min) ★★★★
8.00 **Nuremberg** Thriller starring Russell Crowe and Rami Malek. A US Army psychiatrist is sent to assess high-ranking Nazi prisoners to decide if they are fit for trial. With Michael Shannon. (2025, 15, 148min) ★★★★★
10.30 **Downton Abbey: The Grand Finale** Period drama spin-off starring Hugh Bonneville. (2025, PG, 123min) ★★★★
12.40 AM **LifeHack** Thriller starring Georgie Farmer and Yasmin Finney. (2025, 15, 97min) ★★★
2.25 **Xeno** Fantasy with Lulu Wilson. (2025, 15, 103min) ★★★
4.15 **to 6.00** AM **Sketch** Fantasy comedy starring Tony Hale. (2025, 12, 93min) ★★★★

Sky Cinema Greats

307 307 404 504 518

7.15 AM **Tommy** Musical fantasy. (1975, 15, 111min) ★★★★
9.15 **Escape to Victory** War drama. (1981, PG, 111min) ★★★
11.15 **Godzilla** Monster movie remake. (1998, PG, 139min) ★★★
1.40 PM **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★
3.35 **The Lost World: Jurassic Park** Monster adventure sequel. (1997, PG, 129min) ★★★
5.50 **A League of Their Own** Comedy drama with Tom Hanks. (1992, PG, 124min) ★★★★
8.00 **Full Metal Jacket** Vietnam War drama starring Matthew Modine. (1987, 15, 115min) ★★★★
10.00 **The Green Mile** Prison drama based on Stephen King's novella, starring Tom Hanks and Michael Clarke Duncan. A Depression-era prison guard encounters a death-row inmate who possesses a magical gift. (1999, 18, 189min) ★★★★
1.05 AM **The End of the Affair** Romantic drama with Deborah Kerr. (1955, PG, 106min) ★★
3.05 **Dirty Harry** Police thriller. (1971, 15, 103min) ★★★★★
4.50 **to 6.55** AM **Dog Day Afternoon** Thriller starring Al Pacino. (1975, 15, 130min) ★★★★

Disney+ Cinema

305 305

6.00 AM **Mufasa: The Lion King** Animated adventure prequel. (2024, PG, 118min) ★★★
8.00 **The Lion King** Animation. (2019, PG, 118min) ★★★
9.30 **The Parent Trap** Comedy. (1998, PG, 122min) ★★★
11.40 **Percy Jackson: Sea of Monsters** Fantasy adventure sequel starring Logan Lerman. (2013, PG, 102min) ★★★
1.30 PM **Ratatouille** Animation with the voice of Patton Oswalt. (2007, U, 106min) ★★★★★
3.25 **A Bug's Life** Animated comedy. (1998, U, 94min) ★★★★★
5.00 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
7.25 **George of the Jungle** Family comedy. (1997, U, 92min) ★★
9.00 **Deadpool & Wolverine** Fantasy sequel starring Ryan Reynolds. (2024, 15, 128min) ★★★★
11.10 **A Real Pain** Comedy drama. (2024, 15, 90min) ★★★★★
12.40 AM **Tomorrowland: A World Beyond** Fantasy adventure. (2015, 12, 130min) ★★★
2.55 **Gifted** Drama. (2017, 12) ★★★★
4.40 **to 6.00** AM **Pocahontas** Animation. (1995, U) ★★★

Movies 24

312 313 419

7.00 AM **Debbie Macomber's Joyful Mrs Miracle** Festive fantasy. (2024, PG, 84min) ★★
9.00 **A Royal Montana Christmas** Drama. (2025, PG, 90min) ★★
11.00 **She's Making a List** Romantic comedy. (2025, U, 89min) ★★
1.00 PM **The Spirit of Christmas Station** Drama with Alexandra Harris and Chase Garland. (2025, PG, 90min) ★★
3.00 **Christmas Under the Lights** Drama. (2024, PG, 89min) ★★
5.00 **Christmas on Duty** Romantic drama. (2025, PG, 89min) ★★
7.00 **Holiday Touchdown: A Bills Love Story** Drama with Holland Roden and Matthew Daddario. (2025, PG, 90min) ★★
9.00 **Deck the Walls** Drama starring Ashley Greene. A designer reluctantly returns to her home town at Christmas to save her brother's charity house-flipping project. (2024, PG, 90min) ★★
11.00 **A Keller Christmas Vacation** Drama. (2025, PG, 89min) ★★
1.00 AM **Mystery on Mistletoe Lane** Thriller. (2023, PG, 90min) ★★
3.00 **to 5.00** AM **An Alpine Holiday** Comedy. (2025, U, 90min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Talk About Jacqueline** Comedy. (1942, b/w, PG) ★★
7.30 **Daniel Boone, Trail Blazer** Western. (1956, PG, 76min) ★★
9.05 **The Long and the Short and the Tall** Wartime drama. (1960, b/w, PG, 110min) ★★★★
11.10 **Batman** 14/26. (S3)
11.40 **The Wicked Lady** Swashbuckling costume drama. (1945, b/w, PG, 104min) ★★★★
1.45 PM **The Lamp Still Burns** Drama. (1943, b/w, PG, 90min) ★★
3.30 **For the Love of Ada** 6/6. (S1)
4.00 **The Man from UNCLE** (S2)
5.00 **The Footage Detectives**
6.00 **A Kid for Two Farthings** Fantasy. (1954, U, 96min) ★★★★
7.45 **Scotland Yard** 4/39. (S1)
8.20 **A Game of Murder** 2/6. (S1)
9.25 **Sherlock Holmes: The Eligible Bachelor** Murder mystery.
11.30 **The Blue Lagoon** Romantic adventure starring Brooke Shields. (1980, 15, 101min) ★
1.40 AM **The Heritage Chart Show**
2.45 **Turn of Fate** 2/36. (S1)
3.15 **Birmingham and the Road Patrol Bikes in the 1950s**
3.30 **The Rogues** 26/30. (S1)
4.30 **The Adventures of Robin Hood**
5.00 **The Buccaneers** 30/39. (S1)
5.30 **to 6.00** AM **Supercar**

8 PM
9 PM
10 PM
11 PM

Sunday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports News**
11.00 LIVE **The Hundred** Manchester Super Giants v Birmingham Phoenix. Coverage of the women's match at Old Trafford Cricket Ground, Manchester. Start-time **11.00am**.
12.30 PM LIVE **Formula 1** Coverage of the Hungarian Grand Prix, the 11th round of the season held at Hungaroring. Start-time **2.00pm**.
5.00 **Ted's Notebook**
5.30 LIVE **The Hundred** Trent Rockets v London Spirit. Coverage of the men's match at Trent Bridge. Start-time **6.00pm**.
7.30 LIVE **World Matchplay Darts** Coverage of the final staged at Winter Gardens in Blackpool.
10.00 LIVE **Zuffa Boxing** Preliminary bouts at the Infosys Theater at Madison Square Garden.
1.00 AM LIVE **Zuffa Boxing** Edgar Berlanga v Steven Butler. The super middleweight bout at the Infosys Theater at Madison Square Garden.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Best Goals**
8.00 **Premier League 100 Club**
9.00 **Premier League Review**
11.00 **Premier League Stories**
11.30 **Premier League 100 Club**
12.00 NOON **Premier League Review**
1.00 PM **Premier League Review** A review of the 2025/26 season.
3.00 **Premier League Stories**
3.30 **Transfer 360** The inside story of Jurgen Klinsmann to Spurs.
4.00 **Premier League Review**
5.00 **Premier League Review** A review of the 2025/26 season.
7.00 **Premier League Stories** The story of lifelong Manchester United fans the Singh brothers.
7.30 **Gary Neville's Soccerbox**
8.00 **Premier League Review** A look at some of the finest strikes throughout the 2025/26 season.
9.00 **Premier League Review**
11.00 **Premier League Years** Classic games and infamous blunders from the 2014/15 season.
1.00 AM **PL Retro** Leicester City v West Ham United from 2016.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **to 6.00** AM **Best Premier League Goals: Arsenal**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL** Championship play-offs.
9.00 **SPFL Highlights** Celtic v Rangers.
9.30 **EFL Greatest Games**
10.00 **EFL Cup** Highlights of Chelsea v Liverpool in the 2021/22 final.
11.00 **Best Goals: EFL Cup 2021/22**
11.30 **EFL Trophy** Rotherham United v Sutton United in the 21/22 final.
12.00 NOON **EFL** The 19/20 play-offs.
3.00 PM **SPFL** Rangers v Celtic.
3.30 **EFL Greatest Games**
4.00 **EFL Cup Retro** Swansea City v Bradford City in the 2013 final.
6.00 **EFL** Morecambe v Newport County in the 2020/21 League Two play-off final at Wembley. **7.00** Blackpool v Lincoln City in the 2020/21 League One play-off final staged at Wembley. **8.00** Brentford v Swansea City in the 2020/21 Championship play-off final held at Wembley.
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Retro**
2.00 AM **SPFL Best Goals**
3.00 **SPFL Greatest Games**
3.30 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **SPFL Greatest Games**
5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred**
9.15 **The Hundred Bitesize**
10.45 LIVE **The Hundred** Manchester Super Giants v Birmingham Phoenix. Coverage of the women's match at Old Trafford Cricket Ground, Manchester. Start-time **11.00am**.
2.00 PM LIVE **The Hundred** Manchester Super Giants v Birmingham Phoenix. Coverage of the men's match from Old Trafford Cricket Ground, Manchester. Start-time **2.30pm**.
5.30 LIVE **The Hundred** Trent Rockets v London Spirit. Coverage of the men's match at Trent Bridge in Nottingham. The Spirit served as hosts when these sides faced each other last season, and made home advantage count as they went on to triumph by 21 runs. Start-time **6.00pm**.
9.00 **The Hundred Bitesize**
10.00 **The Hundred** Manchester Super Giants v Birmingham Phoenix.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** Manchester Super Giants v Birmingham Phoenix.
5.15 **Best of ICC WT20**
5.45 **to 6.00** AM **The Hundred**

Sky Sports Golf

406 406 506 423 443

6.00 AM **HotelPlanner Tour Golf**
6.30 **Scotland's Greatest Golf Holes**
7.00 **Ladies European Tour Golf**
11.00 **Scotland's Greatest Golf Holes**
12.00 NOON LIVE **Ladies European Tour Golf** Day four of the ISPS HANDA Women's Scottish Open.
4.00 PM LIVE **European Seniors Tour Golf** Coverage of day four of the Senior Open Championship.
7.00 LIVE **PGA Tour Golf** The fourth and final day of the 3M Open.
11.00 **European Seniors Golf**
12.00 M'T **Legends Tour Golf**
1.00 AM **PGA Tour Champions**
2.00 **Scotland's Greatest Golf Holes**
3.00 **European Seniors Golf**
4.00 **PGA Tour Golf** The 3M Open.
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
1.00 PM LIVE **WTA Tennis** Prague Open and Hamburg Open finals.
3.00 **ATP Tennis** Croatia Open final.
4.00 **WTA All Access**
4.30 **ATP Tennis** Swiss Open final.
5.30 LIVE **ATP Tennis** The Estoril Open final in Portugal.
7.30 **ATP Tennis** Estoril Open final.
8.30 **WTA Tennis** Prague Open final.
10.30 **WTA Tennis** Hamburg Open.
12.30 AM **WTA & ATP Tennis**
3.30 **WTA All Access**
4.00 **Best of Serena Williams**
5.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

7.00 AM **Ultimate Pool**
8.30 **Tour de France Women**
9.00 **Tour de France Men Highlights**
10.00 **Women's Cycling Pro Series**
11.00 LIVE **Fencing World Championship** Coverage from the second day of the event at AsiaWorld-Expo in Hong Kong.
1.15 PM LIVE **Women's Cycling Pro Series** The third and final stage of the Tour of Poland.
2.30 LIVE **Tour de France Men** Coverage from the 21st and final stage of the Grand Tour race, a 133km flat route from Thoiry to Champs Elysees in Paris.
7.45 **The Gruppetto** Cycling news.
8.00 **MLB Highlights**
9.00 LIVE **MLB** San Francisco Giants v Los Angeles Angels. Coverage of the inter-league match staged at Oracle Park. Start-time **9.05pm**.
12.00 M'T LIVE **MLB** Philadelphia Phillies v New York Yankees. Coverage of the inter-league match from Citizens Bank Park. Start-time **12.20am**.
3.00 AM **LIV Golf** From Uttoxeter.
4.30 **British Superbikes Highlights**
5.30 **to 6.00** AM **TCR World Tour**

TNT Sports 2

411 414 522 409 431

6.00 AM **Commonwealth Games – Daily Highlights**
7.00 **Commonwealth Games – Artistic Gymnastics**
8.00 **Commonwealth Games – Netball** Action from England v Northern Ireland on day two.
8.30 LIVE **Commonwealth Games** Coverage from the day session on day three of the Games staged in Glasgow. Events taking place today include the men's singles and women's pairs in the bowls and para bowls, Wales v Scotland and Australia v England in the netball, and the men's 60kg final in the weightlifting.
6.00 PM LIVE **Commonwealth Games** Coverage from the night session on day three of the Games staged in Glasgow.
10.30 **Commonwealth Games – Daily Highlights**
11.30 **Commonwealth Games – Netball** Wales v Scotland.
12.00 M'T **Commonwealth Games – Artistic Gymnastics**
2.00 AM **Commonwealth Games – Swimming & Para Swimming**
3.00 **to 6.00** AM **Commonwealth Games**

Sky Sports Action

412 410 510 426 446

6.00 AM **NFL Highlights**
7.00 **Rugby Greatest Games**
7.05 LIVE **NRL** Manly-Warringah Sea Eagles v Cronulla-Sutherland Sharks. Coverage of the match in the 21st round of fixtures at Brookvale Oval in Sydney. Kick-off **7.05pm**.
9.05 **World Matchplay Darts**
12.35 PM **Darts Top 5 Moments**
12.45 **Darts Gold** Archive action.
1.00 LIVE **Women's World Matchplay Darts** Coverage of the fifth staging of the annual tournament from Winter Gardens.
5.00 **NFL Bitesize Highlights**
5.15 **Super Bowl LX Highlights**
5.30 **Super League Highlights**
6.00 **NFL Highlights**
7.00 **The Luke Littler Effect**
7.30 LIVE **World Matchplay Darts** Coverage of the final staged at Winter Gardens in Blackpool.
10.00 LIVE **Zuffa Boxing** Preliminary bouts at The Infosys Theater at Madison Square Garden.
1.00 AM LIVE **Zuffa Boxing** Edgar Berlanga v Steven Butler. The super middleweight bout at the Infosys Theater.
5.30 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **EFL Greatest Games**
7.05 LIVE **NRL** Manly-Warringah Sea Eagles v Cronulla-Sutherland Sharks. Coverage of the match in the 21st round of fixtures at Brookvale Oval in Sydney. Kick-off **7.05pm**.
9.05 **Sky Sports Breakfast**
10.00 **Sky Sports News**
12.00 NOON **Sports Sunday**
1.30 PM LIVE **European Seniors Tour Golf** Coverage of day four of the Senior Open Championship, the fifth Major of the year staged at Gleneagles in Auchterarder, Perthshire. Reigning champion Pádraig Harrington is one of only five men to have triumphed at both The Open and The Senior Open, following in the footsteps of Gary Player, Bob Charles, Tom Watson and Darren Clarke.
7.00 **Sports Sunday**
8.00 **Sky Sports Catch Up**
11.00 **Sky Sports News**
12.00 M'T **EFL Greatest Games**
1.00 AM **Formula 1** From Canada.
2.00 **WTA & ATP Tennis** Miami Open.
4.00 **Formula 1** British Grand Prix.
5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.45 AM **Women's State of Origin**
7.00 **EFL Greatest Games**
7.30 **PGA Tour Golf**
8.30 **State of Origin Rugby League**
9.15 LIVE **NRLW** Wests Tigers v Sydney Roosters. From Leichhardt Oval in Sydney. Kick-off is at **9.15am**.
11.15 **PL Greatest Games**
12.00 NOON **WTA & ATP Tennis**
1.55 PM **International T20 Cricket**
2.25 LIVE **The Hundred** Trent Rockets v London Spirit. Coverage of the women's game at Trent Bridge. Start-time **2.30pm**.
5.30 LIVE **The Hundred** Trent Rockets v London Spirit. Coverage of the men's game at Trent Bridge. Start-time **6.00pm**.
9.00 LIVE **NFL Flag Championships** Coverage from Westfield, Indiana.
11.00 **The Open** The fourth day.
12.00 M'T **PGA Tour Golf**
1.00 AM **NBA Basketball**
3.30 **PL Greatest Games**
4.00 **to 6.00** AM **ATP Tennis**

TNT Sports 3

413 415 523 410 432

6.30 AM **FIA World Endurance Championship Highlights**
7.30 LIVE **Formula E** The Tokyo ePrix qualifying session.
9.15 **British Superbikes Rewind**
9.30 **TCR World Tour Review**
10.00 **Test Cricket Highlights**
11.00 LIVE **Formula E** Coverage of the Tokyo ePrix second race.
1.30 PM LIVE **Commonwealth Games – Artistic Gymnastics** The fifth session on the third day.
3.30 **MLB Highlights**
4.30 LIVE **SailGP** Day two of the Emirates Great Britain Grand Prix.
6.00 LIVE **Test Cricket** West Indies v Pakistan. The second day of the first Test.
11.00 **Tour de France Men Highlights**
12.00 M'T LIVE **MLB** Philadelphia Phillies v New York Yankees. The inter-league match. Start-time **12.20am**.
3.00 **to 6.00** AM **AFL**

TNT Sports 4

414 416 524 411 434

6.00 AM LIVE **AFL** North Melbourne Kangaroos v St Kilda Saints. Bounce-up **6.15am**.
9.00 LIVE **Commonwealth Games – Netball** Wales v Scotland. Coverage from The Hydro.
10.30 **A-Z: Commonwealth Games**
10.45 LIVE **Commonwealth Games – Netball** Australia v England. Coverage from The Hydro.
12.30 PM LIVE **LIV Golf** The fourth and final day from Uttoxeter.
6.30 LIVE **MLB** Pittsburgh Pirates v Chicago Cubs. Coverage of the match at PNC Park. Start-time **6.35pm**.
9.30 **British Superbikes Rewind**
10.00 LIVE **NWSL** San Diego Wave FC v Seattle Reign. Kick-off **10.00pm**.
12.15 AM **TNT Sports Reload**
12.30 **UFC** Ankalaev v Rountree Jr.
3.30 **The WRC Magazine**
4.00 **to 6.00** AM **Cycling Highlights**

Premier Sports 1

419 APP 528

6.00 AM **Eredivisie Highlights**
7.00 **Coppa Italia** Two match replays.
10.55 **Football** A pre-season friendly.
12.50 PM **Premier Sports Cup** Queen of the South v Aberdeen.
2.45 LIVE **Premier Sports Cup** St Mirren v Dunfermline. The Group C match from the SMISA Stadium. Kick-off **3.00pm**.
5.15 **LaLiga Match Highlights**
5.30 **Sporting Greats**
6.00 LIVE **NASCAR** The Brickyard 400 at Indianapolis Motor Speedway in Speedway, Indiana.
11.00 **LaLiga Match Highlights**
11.25 LIVE **Argentine Primera Division** Deportivo Riestra v Boca Juniors. Coverage of the match staged at Estadio Guillermo Laza. Kick-off is at **11.30pm**.
1.30 AM **World of FreeSports**
2.00 **Football** Sevilla v Ceuta.
4.00 **to 6.00** AM **Ultimate Karting Championship**

Premier Sports 2

420 APP 529

6.00 AM **Swedish Speedway**
8.00 **Argentine Primera**
10.00 **Rugby Junior World Championships** The final.
12.00 NOON **Football** A match replay.
1.55 PM **Temples of Sport**
2.55 **Football's Greatest**
3.25 LIVE **Football** Karlsruher SC v Inter Milan. From BBBank Wildpark. Kick-off **3.30pm**.
5.30 **LaLiga Match Highlights**
5.45 **German Cup** This year's final.
7.45 **LaLiga Match Highlights**
7.55 LIVE **Brasileiro Serie A** Cruzeiro v Botafogo. Coverage from Governador Magalhaes Pinto. Kick-off **8.00pm**.
10.00 **LaLiga Match Highlights**
10.25 LIVE **Brasileiro Serie A** Gremio v Fluminense. At Arena do Gremio. Kick-off **10.30pm**.
12.30 AM **Football's Greatest**
1.00 **EUT20 Belgium**
4.45 **Africa Eco Race** Highlights.
5.00 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 507 424 444

6.00 AM **F1 Features**
7.35 LIVE **Formula 3** The Hungarian Grand Prix feature race.
8.40 **F1 Features**
9.05 LIVE **Porsche Supercup** The fifth round staged at Hungaroring.
9.55 **F1 Features**
10.20 LIVE **Formula 2** The Hungarian Grand Prix feature race.
11.40 **F1 Features**
12.30 PM LIVE **Formula 1** Coverage of the Hungarian Grand Prix, the 11th round of the season held at Hungaroring. Start-time **2.00pm**.
5.00 **Ted's Notebook**
5.30 **Formula 1** Hungarian Grand Prix.
8.45 **Ted's Notebook**
9.15 **Formula 1** From Hungary.
10.15 **Formula 2** Hungarian Grand Prix.
11.35 **Isack Hadjar IV**
11.45 **Formula 3** From Hungary.
12.45 **to 6.00** AM **Formula 1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

27 July

Planner

Commonwealth Games

GYMNASTICS BBC Alba, TNT Sports & HBO Max

After his shock decision to come out of retirement, England expects good things from Max Whitlock (above) in today's pommel horse final, while Northern Ireland's Rhys McClenaghan will start the event as the heavy favourite.

Furious

THRILLER Disney+

Emmy Rossum stars as FBI agent Alice Black in this cat-and-mouse psychological thriller. With a storyline that is *Silence of the Lambs* meets *Killing Eve*, Agent Black's obsession with hunting down a female serial killer blurs the line between right and wrong.

Turbulence

THRILLER Prime Video

A couple on a romantic holiday to rekindle their relationship set off on a hot-air balloon trip, but a last-minute addition turns the adventure into a fight for survival. High-altitude thriller starring Jeremy Irvine, Hera Hilmar and Olga Kurylenko.

PHOTO: ALAMY/ALTITUDE FILM ENTERTAINMENT

House of the Dragon

FANTASY DRAMA Sky Atlantic, 9pm & HBO Max (new episodes weekly)

As season three continues, Queen Rhaenyra (Emma D'Arcy) is still mourning the loss of her eldest son Jacaerys – unaware of her stepdaughter Rhaena's part in his death.

Monday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Scam...	9.00 The Rapture		10.00 News; Local News	10.40 Who...
	102 BBC2	7.00 Global Eye	7.30 Mastermind	8.00 Only Connect	8.30 University...	9.00 Evolution		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Fletchers'...	8.00 Emmerdale	8.30 Coronation...	9.00 The Dark		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Dover 24/7: Britain's Busiest Port		9.00 24 Hours in A&E		10.00 Secret Lives of Gypsy Wives	
	105 5	7.00 Motorway Cops: Catching Britain's...		8.00 Street Cops: Catching the Yobs		9.00 The Crow Girl		10.00 Commonwealth Games	
	106 SKY ONE	7.00 The Simpsons		8.00 Agatha Raisin				10.00 Last Week Tonight with John Oliver	
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 The Great British Sewing Bee				10.00 Film: La La Land	
	116 BBC4	7.00 Atlantic: The Wildest Ocean on Earth		8.00 Treasures of Ancient Greece		9.00 Egypt's Lost Cities			10.30 Becoming...
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Love Island			10.20 Family Guy
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 Bill Bailey's Vietnam		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck Down Under		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Law & Order: Special Victims Unit		10.00 Law & Order: Criminal Intent	
	108 SKY ATLANTIC	‹ 6.45 The Gilded Age				9.00 House of the Dragon			10.20 The Last of Us
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Fawlty Towers	9.40 Porridge		10.20 Not Going Out
	111 U&DAVE	7.00 Mortimer &...	7.40 Would I Lie to You?			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Grantchester	
	120 ITV4	‹ 6.00 Formula E			8.35 The Motorbike Show		9.35 Film: Time Bandits		
	112 COMEDY CENTRAL	7.00 Friends				9.00 Stupid Central		10.00 Mr Bean	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Film: Olympus Has Fallen			
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 The Brokenwood Mysteries				10.00 New Tricks	
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Songs from My Heart					10.30 Jean-Michel...
	132 U&W	7.00 DIY SOS: Veteran Street		8.00 Dom Chinea's Cornish Workshop				10.00 Designing the Hebrides	
DOCUMENTARY	125 DISCOVERY	7.00 Last Chance Garage		8.00 The Woodland Workshop		9.00 Maine Cabin Masters		10.00 Expedition X	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Mountain Monsters		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Disaster Autopsy		9.00 Air Crash Investigation		10.00 Plane Crash Recreated	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Swamp Mysteries with Troy Landry		9.00 Secrets Declassified with David...		10.00 UFO POV	
	155 U&YESTERDAY	7.00 Asia		8.00 1066: A Year to Conquer England		9.00 Portillo's Empire Journey		10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	‹ 6.00 I Am Jackie O		8.00 Murder at the Cottage					

‹ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **Trace, Track, Get My Car Back** Hunting stolen vehicles. (S)(R)
10.45 **Expert Witness** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **NEW SERIES Money for Nothing** Blacksmith Kev transforms a set of theatre lighting stands. (S)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** New edition The dealers are moved by a family story of wartime courage. (S)
4.30 **The Travelling Auctioneers** (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 **The One Show** With Samantha Morton, Fiona Bruce and Philip Mould. (S)
7.30 **EastEnders** Ian prepares for what could be his final day of freedom, and George is confronted by someone from his past. (S)(AD)

8 PM

8.00 **Panorama** Current affairs report covering a story behind the headlines. (S)
8.30 **Scam Interceptors** Fraudsters try to trick a north London woman into buying them a mobile phone. (S)(R)

9 PM

9.00 **The Rapture** New episode 2/5. Gabs tracks down the mystery woman in Bethany's drawings. A viral article shakes her trust in Dick, as she makes a shocking discovery. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Who Do You Think You Are?** 5/8. Actor Toby Jones explores an extraordinary acting dynasty on his mother's side and is determined to discover whether his father's stories of a connection to India are fact or fiction. (S)(R)(AD)
11.40 **FILM The Lady in the Van** Comedy drama based on the true story of writer Alan Bennett's friendship with an eccentric homeless woman. Stars Maggie Smith, Alex Jennings, Roger Allam and Jim Broadbent. (S)(AD) (2015, 12, 100min) ★★★★
1.20 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Bargain Hunt** (S)(R)
7.15 **Animal Park** (S)(R)
8.00 **Sign Zone: The Repair Shop** (S)(R)
9.00 **BBC News** (S)
1.00 PM **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Game show. (S)(R)
2.15 **Lightning** Quick-fire quiz. (S)(R)
2.45 **The Hairy Bikers' Bakeation** The best baking in Norway. (S)(R)(AD)
3.45 **The Farmers' Country Showdown** Documentary. (S)(R)
4.15 **Earth from Space** (S)(R)(AD)
5.15 **Flog It!** From Gloucester. (S)(R)
6.00 **Richard Osman's House of Games** Karen Hauer, Storm Huntley, Joe Marler and Tom Read Wilson take part. (S)(R)
6.30 **Just One Thing** Clive Myrie meets a woman worried about her high blood pressure. (S)(R)(AD)

9.00 Evolution

7 PM

7.00 **Global Eye** Investigations from BBC correspondents all over the world. (S)
7.30 **Mastermind** New edition Tonight's specialist subjects are Madness, James Hutton, Wes Anderson and the history of the Paris Metro. (S)

8 PM

8.00 **Only Connect** New edition The Sinistrals take on the Merseyside Eyes in a first-round match. (S)
8.30 **University Challenge** New edition University College, Oxford, take on St John's College, Cambridge. (S)

9 PM

9.00 **Evolution** New edition 3/5. Chris Packham tells the story of the evolution of the bat, looking at how the drive to find food gave rise to one of nature's most insatiable feeder. (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **Mortimer & Whitehouse: Gone Fishing** Bob and Paul head to Derwentwater and Watendlath Tarn in the Lake District. (S)(R)
10.30 **Newsnight** (S)
11.05 **FILM Hope and Glory** John Boorman's wartime drama about a suburban London family living through the Blitz. Stars Sebastian Rice-Edwards and Sarah Miles. (S)(AD) (1987, 15, 110min) ★★★
12.55 AM **Sign Zone: Countryfile** Anita Rani visits a nature reserve on the Essex coast. (S)(R)
1.50 **Sign Zone: Bergerac** 1/6. Crime drama. (S1) (S)(R)(AD)
2.35 **Sign Zone: Lifeline** (S)(R)(AD)
2.45 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
1.30 PM **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and the team head to Telford, where Alison Chapman decides diamonds are her best friend, and Tony Geering is in a gambling mood. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Kristian tries to open the 22 red boxes in the right order. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 The Dark

7 PM

7.30 **Fletchers' Family Farm** Marnie heads to market to pick a Jacob ram for her flock, and Kelvin focuses on the breeds that bring in money. Plus, the family decide to spend the night camping in their own woodland. (S)(R)(AD)

8 PM

8.00 **Emmerdale** Kev is keen to make a good impression, while Steve has plans at Home Farm. (S)(AD)
8.30 **Coronation Street** Jodie's unexpected arrival overshadows Harper's welcome-home party. (S)(AD)

9 PM

9.00 **The Dark** Series finale 6/6. Monica tries to put her family's safety first, but races into action when the killer's identity is discovered and she has a chance to save his final victim. (S1) (S)(AD)
■ Entire series on ITVX

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **TikTok: Murder Gone Viral** 3/3. A look at the case of US influencer Alexis Sharkey, who was declared missing in November 2020 by her husband and whose body was found shortly after. (S)(R)(AD)
11.40 **Love & Death** *Stepping Stone:* 3/7. A sense of normality returns after Candy is forced to take stock of her marriage. (S1) (S)(R)(AD)
12.40 AM **Teleshopping**
3.00 **The Staircase** 1/8. Fact-based drama starring Colin Firth and Toni Collette. (S1) (S)(SL)(R)(AD)
4.05 **Unwind with ITV** (S)
5.10 **to 6.00** AM **Dickinson's Real Deal** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 17-19/28. (S11) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 22-24/24. (S2) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New Orleans. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Narrow Escapes** In Derbyshire, Maxine and Steve visit the Caldon Canal anniversary festival. (S)(R)
5.00 **Chateau DIY** Transforming a wing of a derelict chateau into a habitable space. (S)(R)(AD)
6.00 **NEW TO C4 American Pickers** 1/10. Mike Wolfe and Frank Fritz uncover one of the world's rarest motorcycles. *Previously shown on Sky History.* (S)(AD)

8.00 Dover 24/7

7 PM

7.00 **News** (S)

8 PM

8.00 **Dover 24/7: Britain's Busiest Port** New edition Storm Amy heads to Dover where high winds blow a cruise ship off-course, and police stop a suspect car before its driver can leave the country. (S)(AD)

9 PM

9.00 **24 Hours in A&E** New edition At Queen's Medical Centre in Nottingham, a 23-year-old woman has suffered a riding accident, while doctors urgently need to determine if a 26-year-old man is having a stroke. (S)(AD)

10 PM

10.00 **Secret Lives of Gypsy Wives** New edition Tina is heartbroken by an unaffordable vet bill, and Trewley's influencer career gets a boost with an eyelash collaboration. (S)(AD)
■ Entire series on C4 streaming
11.05 **999: On the Front Line** Medics find a woman who's fallen. (S)(R)
12.05 AM **Secrets of the Celebrity Sex Tapes** New edition 5/8. Reality TV show star Mimi shares the story behind her sex tape. (S)(AD)
■ Entire series on C4 streaming
12.55 **The Showjumper Murder** (S)(R)
2.45 **FILM Pooja, Sir** Nepalese crime thriller starring Asha Magrati. Subtitled. (2024, 15, 105min) ★★★
4.30 **Sunday Brunch** (S)(R)
4.35 **Hollyoaks Omnibus** (S)(SL)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.20 FILM **She Is Not Your Daughter** Thriller starring Alicia Leigh Willis and Emily Topper. (S)(AD) (2022, 12, 100min) ★★
4.00 **Castle** *The Time of Our Lives:* 6/23. The author is knocked out during a murder case and wakes up in a world in which he has never met Beckett. (S7) (S)(R)
4.55 **Love Nature** (S)(R)
5.00 **News** (S)
6.00 **Jersey and Guernsey** On Jersey, sailing duo Deb and Chris take part in the historic Gorey Regatta. (S)(R)
6.55 **News** (S)

8.00 Street Cops: Catching the Yobs

7.00 **Motorway Cops: Catching Britain's Speeders** In Scunthorpe, PCs Billy Stead and Nathan Saltmer are on the tail of a possible cloned BMW. (S)(R)
7.55 **News** (S)

8.00 NEW SERIES **Street Cops: Catching the Yobs** Return of the documentary following Northamptonshire police, with an emergency distress call from an officer seeing all units race to protect their colleague. (S)

9.00 **The Crow Girl** New episode *The Dirt She Can't Bury:* 4/6. A body buried in woodland leads Jeanette to the dysfunctional Burkeman family. (S1) (S)(AD) ■ Continues tomorrow

10.00 **Commonwealth Games** A look back at highlights from day four in Glasgow, which included swimming and para swimming, weightlifting and the first medal events in athletics and para athletics. (S)

11.05 **Police: Night Shift 999** (S)(R)
12.05 AM **Traffic Cops** (S)(R)
1.00 **Teleshopping** (S)(R)
2.00 **Murder Scene: The Incident Room** The death of a man who was stabbed while cycling home from work in 2014. (S)(R)
2.50 **Jersey and Guernsey** (S)(R)
3.45 **Friends** (S8) (S)(R)(AD)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S5) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S9) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Chasing the Rains** (S)(R)
1.00 PM **Hawaii Five-0** (S6) (S)(R)
3.00 **S.W.A.T.** (S8) (S)(R)(AD)
5.00 **The Simpsons** *Bart the Mother:* Bart looks after a bird's nest filled with eggs. (S)(R)
5.30 *When You Dish Upon a Star:* Homer befriends a group of holidaying celebrities. (S)(R)
6.00 **Animal Control** 7/9. Emily's mistake leaves Victoria with little time to prepare for her exam. (R)
6.30 8/9. Frank and Emily make a breakthrough in their exotic animal ring case. (S2) (R)

10.00 Last Week Tonight

7.00 **The Simpsons** *D'Oh-in' in the Wind:* Homer discovers that his long-lost mother was a free-spirited hippie. (S)(R)
7.30 *Lisa Gets an A:* Lisa tries to make amends for cheating in an exam. (S)(R)

8.00 **Agatha Raisin** *There Goes the Bride:* 4/4. The sleuth reluctantly promises to attend James's wedding, but the nuptials take a sinister turn when a body is found on the morning of the big day. Stars Ashley Jensen. (S4) (S)(R)(AD)

10.00 **Last Week Tonight with John Oliver** New edition The comedian hosts an in-depth, satirical look at developments from the past seven days.

10.45 **Animal Control** *Skunks and Swans:* 7/9. Emily's mistake leaves Victoria with little time to prepare for her exam. (S2) (R)

11.15 **Animal Control** 8/9. (S2) (R)
11.45 **Grimm** 21/22. (S5) (S)(R)
12.40 AM **Road Wars** (S)(R)
1.05 **The Force: Manchester** (S)(R)
2.00 **Best Medicine** New episode *Doc Martin:* 9/13. Martin's parents pay a visit. Guest stars Martin Clunes. (S1) (S)
3.00 **Hawaii Five-0** (S6) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.30-9.00pm Barra's Return of the Wild New edition (S) **10.40** True North: Punchline – Fighting for Laughs (S)(R) **11.10** Who Do You Think You Are? (S)(R)(AD) **12.10am** FILM The Lady in the Van (S)(AD) (2015, 12, 100min) ★★★★ **1.50-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
8.30-9.00pm Our Lives: Stone Strong New edition (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Kayak ó Thuaidh (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Ffasiwn Drefn (AD) **12.30** Heno **1.00** Straeon Harri Parri **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Ras Yr Wyddfa **4.00** Awr Fawr **5.00** Stwnsh **6.00** Rhys Patchell: Japan a'r Gic Olaf **6.30** Eigra **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Gemau'r Gymanwlad New edition **10.25** Y Tywydd **10.30-11.35pm** Ar Brawf (AD)

TV&Streaming week
New issue on sale tomorrow

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall visits the rainforests of Brazil. **7.30** A look at creatures that pose a threat to humans.
8.00 **The Great British Sewing Bee** 1/10. Sophie Willan welcomes 12 new contestants into the sewing room. **9.00** 2/10. The sewers take on three challenges themed around prints and colours.
10.00 FILM **La La Land** Musical starring Emma Stone and Ryan Gosling. An actor and a struggling jazz musician fall in love and try to realise their respective dreams in Los Angeles. With John Legend, Rosemarie DeWitt and JK Simmons. (2016, 12, 128min) ★★★★★
11.55 **Things You Should Have Done** 4/6. Chi discovers bills are a thing when her water and electricity are cut off. (S1)
12.20 AM **Things You Should Have Done** 5&6/6. (S1)
1.15 **BBC New Comedy Awards**
1.45 **to 3.45** AM **Small Town, Big Riot**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from Somerset.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **George Clarke's Old House, New Home** George gets to celebrate one of his favourite periods of British architecture when he helps out at an arts and crafts Edwardian terrace house in Addiscombe, south London.
6.55 **Location, Location, Location** Kirstie Allsopp and Phil Spencer help two couples who are looking to get onto the property ladder in Essex, only to find their budgets won't stretch very far.
7.55 **Grand Designs** Kevin McCloud follows a London couple's project to transform an inefficient and uninspiring 1950s house into a sleek, modernist masterpiece.
9.00 **Bill Bailey's Vietnam** 5/6. Bill arrives in the mountains surrounding Sa Pa, where he goes hunting for herbs with the local Red Dao hill tribe.
10.00 **24 Hours in A&E** A young man has a severe reaction to a recreational drug.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line**
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Atlantic: The Wildest Ocean on Earth** 2/3. Dolphin pods and penguin colonies in the South Atlantic.
8.00 **Treasures of Ancient Greece** 3/3. A look at Western civilisation's love affair with Greek art.
9.00 **Egypt's Lost Cities** Exploring the potential existence of buildings beneath the sands of Egypt.
10.30 **Becoming Frida Kahlo** 2/3. Frida travels to San Francisco with Diego Rivera as he has an important mural commission, but her style stirs much excitement and she is determined to succeed in her own right.
11.30 **The Secret Life of the Mona Lisa** The story of how Leonardo Da Vinci's *Mona Lisa* became the most famous painting in the world.
12.30 AM **Atlantic: The Wildest Ocean on Earth** As 7.00pm.
1.30 **Treasures of Ancient Greece** As 8.00pm.
2.30 **to 3.30** AM **The Secret Life of the Mona Lisa**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From Jersey.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **America's Funniest Home Videos** DIY disasters.
11.00 **Don't Tell the Bride**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
6.30 **Hollyoaks**
7.00 **Hollyoaks** Abigail finds herself with a new roommate.
7.30 **The Simpsons** *Barthood:* A coming-of-age story chronicling Bart's life.
8.00 NEW SERIES **Below Deck Down Under** Captain Jason's back on the motor yacht *Katina*, with an almost entirely new crew, setting sail across the Seychelles.
9.00 **Gogglebox** Opinions on *Heartstopper*, *Made in Chelsea* and *The Circle*.
10.00 **Gogglebox** The Eurovision Song Contest is appraised.
11.05 **Naked Attraction**
12.05 AM **First Dates**
1.10 **Gogglebox**
2.15 **Below Deck Down Under**
3.00 **Ramsay's Kitchen Nightmares USA**
3.50 **Abbott Elementary**
4.15 **The Simpsons**
5.05 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 | 306 | 30 | 123 | 256

Monday primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

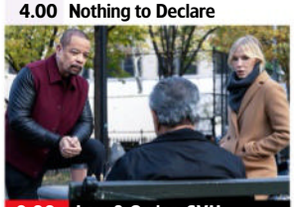
MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Brit Cops: Rapid Response**
10.00 **Stop, Search, Seize**
11.00 **Bull** 11/22. (S6)
12.00 NOON **FBI** 8&9/22. (S1)
2.00 PM **The Rookie** 20/22. The team join forces with the FBI to stop a terrorist. (S4)
3.00 **Law & Order: Criminal Intent** 14/16. Nichols calls in the help of a forensic scientist he greatly admires. (S8)
4.00 **Nothing to Declare**

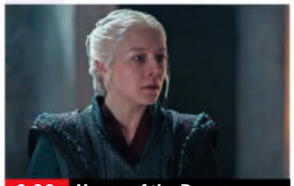


9.00 Law & Order: SVU

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Billions** 5&6/12. (S3)
10.10 **The White Lotus** (S2)
12.25 PM **Homicide: Life on the Street** Double bill. (S3&4)
2.15 PM **Billions** 5&6/12. (S3)
4.25 **The White Lotus** 4/8. Rick reveals his past to Chelsea.
5.35 5/8. Friends explore Bangkok's clubs. (S3)
6.45 **The Gilded Age** 2/8. Concerned about Peggy's condition, Agnes and Ada welcome her parents and their physician to 61st Street. (S3)



9.00 House of the Dragon

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.30 **Dress to Impress**
8.25 **Olivia and Alex: Parenthood**
9.30 **The Only Way Is Essex**
10.30 **Real Housewives of Salt...**
11.20 **Real Housewives of Orange...**
12.15 PM **Dinner Date**
1.15 **Supermarket Sweep**
2.15 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** New edition
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

9.00 Love Island

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *The Sting of Death:* Barnaby and Winter investigate when a beekeeper is attacked.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Home Sweet Home:* Blaketon uncovers sinister goings-on at a nursing home after some petty thefts.

6.55 Heartbeat

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 80s**
6.15 **Magnum, PI**
8.20 **Dempsey and Makepeace**
9.25 **Boon**
10.30 **The Champions**
11.35 **Robin of Sherwood**
12.45 PM **Magnum, PI**
2.50 **Dempsey and Makepeace**
3.50 **Boon** *The Tender Trap:* Ken investigates a woman suspected of adultery.
4.55 **The Champions** *The Gun-Runners:* The agents investigate the activities of a gun-running cartel.

9.35 Time Bandits

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

7.55 The Gilded Age *Love Is Never Easy:* 3/8. George confronts Bertha about her vision for Gladys and its inadvertent impact on his business. (S3)

7.00 The Floor USA New edition A Brad Pitt doppelgänger, a Georgia Peach and a professional wrestler duel it out.

6.55 Heartbeat *Old Masters:* Ashfordly Hall throws opens its doors to the public, but chaos erupts when it is soon robbed.

6.00 Formula E Nicki Shields presents full delayed coverage of the second race of the Tokyo ePrix at the Tokyo Street Circuit.

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

8.00 Midsomer Murders *Midsomer Life:* Country magazine *Midsomer Life* and its outspoken owner come under scrutiny from Barnaby and Jones when a body is discovered in woodland.

8.35 The Motorbike Show As a result of breaking his shoulder, Henry Cole now teams up with a one-legged rider to enter the Vintage Motor Cycle Club's Banbury Run.

9.35 FILM Time Bandits Fantasy adventure with John Cleese and Sean Connery. Six dwarves steal a map of the cosmos and become bandits travelling across time. (1980, PG, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

9.00 Law & Order: Special Victims Unit New episode *Fidelis ad Mortem:* 10/21. Curry's son finds a disturbing tape. (S27)

9.00 House of the Dragon New episode 6/8. *Game of Thrones* prequel following the story of House Targaryen. *See feature, page 7.* (S3)

9.00 Love Island: The Live Final Series finale Maya Jama hosts the live finale of the thirteenth series of the reality show.

10 PM

10.00 Law & Order: Criminal Intent *Maledictus:* 19/22. A Russian Mob leader's daughter is killed. (S1)

10.20 The Last of Us *When We Are in Need:* 8/9. Ellie crosses paths with a group of survivors. (S1)

10.20 Family Guy 1/12. Peter continues his *Star Wars*-inspired tale. (S6)
10.50 6/18. Lois becomes a teacher. (S5)

10.00 Grantchester 5/6. No one can verify Geordie's whereabouts when a suspect is found dead at a station. (S2)

10.00 Star Trek: Strange New Worlds New episode 7/10. Sci-fi drama. (S1)

11.00 **The Rookie** 17/22. A man holds a hospital hostage until his wife receives life-saving surgery. (S4)
12.00 M'T **FBI** 5&6/22. (S1)
2.00 AM **FBI: International** (S3)
3.00 **Road Wars**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

11.25 **Dune: Prophecy** 1/6. (S1)
12.45 AM **The White Lotus** (S3)
2.00 NEW SERIES **Gomorrah: The Origins** 1/6. Italian crime drama starring Luca Lubrano.
3.10 New episode 2/6. Italian crime drama. Subtitled. (S1)
4.10 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

11.20 **American Dad!** 6/22. Steve gets into new-age mysticism.
11.50 2/22. Stan becomes infatuated with a doll. (S16)
12.20 AM **Bob's Burgers** (S14)
1.15 **Plebs** 6/8. (S2)
1.40 **Deal or No Deal**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

11.00 **Grantchester** 6/6. When Sidney's old friend goes missing, the vicar fears the worst, and he must join forces with Geordie to investigate. (S2)
11.50 **Trial & Retribution** 2/2. (S8)
1.25 AM **Wycliffe** 8/8. (S3)
2.25 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

11.50 **Star Trek: Strange New Worlds** New episode 7/10. Sci-fi drama. (S1)
12.50 AM **Lost** 7/24. (S2)
1.40 **Motorsport UK**
2.30 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: This Farming Life**
3.00 **Sign Zone: Beechgrove Garden**
3.30 **Sign Zone: Paramedics on Scene**
4.30 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **The Great Food Guys**
8.00 **The Mountain.** A hard season is starting to take its toll on the ski lifts.
8.30 Brian and Carol make a big decision about their business.
9.00 **Interior Design Masters with Alan Carr** The designers transform common rooms at the Royal Navy Air Station.
10.00 **River City** New episode Mulvaney is stunned by a revelation from Francis.
10.30 **Two Doors Down** (S5)
11.00 **Mrs Brown's Boys** (S5)
11.30 PM **to 12.00** M'T **Gary: Tank Commander**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Sort Of** 1&2/8. (S1)
10.00 **I Love LA** 3&4/8. (S1)
11.10 **Will & Grace** (S6)
12.00 NOON **The Rehearsal**
1.35 PM **I Love LA** (S1)
2.45 **Will & Grace** (S6)
3.45 **Hacks** 4&5/10. (S4)
5.00 **Community** (S1)
6.00 **Will & Grace** (S6)
7.00 **The Office (US)** 3/19. Ryan returns to Scranton.
7.30 4/19. Michael and Dwight present gift baskets to clients. (S4)
8.00 **Hitmen** 1/6. Comedy starring Sue Perkins and Mel Giedroyc.
8.30 2/6. Fran and Jamie capture an embezzling accountant. (S1)
9.00 **Nish Kumar: Your Power, Your Control**
10.30 **Hacks** 4&5/10. (S4)
11.50 **Hitmen** 1&2/6. (S1)
12.50 AM **The Rehearsal** (S2)
2.25 **Community** (S1)
3.25 **I Love LA** 1/8. (S1)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Academy of Ancient Music: Vivaldi's Four Seasons**
7.25 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **The Movies**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **The Seventies**
4.00 **Discovering**
5.00 **Portrait Artist 2021**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: Songs from My Heart** A midsummer's night concert from Vrijthof Square in Maastricht.
10.30 **Jean-Michel Jarre Live in Sevilla** From 2025.
12.30 AM **Making a Maestro**
3.30 **Inside Art: Derek Jarman at Manchester Art Gallery** Documentary
4.00 **The Art of the Garden**
5.00 **to 6.00** AM **The Movies**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: Canada's Front Line**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 17/26. (S5)
5.00 **Stargate SG-1** (S8)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** *Identity Crisis:* 18/26. (S4)
8.00 **Police 24/7** Officers find a woman passed out drunk in her car.
9.00 **FBI: Most Wanted** (S2)
11.00 **Star Trek: Enterprise**
12.00 M'T **Fantasy Island**
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Celebrity Supermarket Sweep** Guests include Charley Webb, Jenny Ryan and Matthew Wolfenden.
2.00 **Tenable** Game show.
3.00 **The Chase Celebrity Special** Guests Cherry Healey, Dallas Campbell, Ria Hebden and Robert Peston take part.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show.
9.00 **Who Wants to Be a Millionaire?** Big-money quiz show.
10.00 **Tipping Point** Triple bill of the game show.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Our Farm Next Door: Amanda, Clive and Kids** The first job is to strip off the roof stones.
8.00 **George Clarke's Remarkable Renovations** A couple who bought a huge and cavernous village hall.
9.00 **Murder Case: The Digital Detectives** How a fake £20 note helped expose the truth behind a 2020 killing.
10.00 **The Showjumper Murder** Double bill.
12.05 AM **Celebrity Gogglebox**
1.05 **Naked Attraction**
2.10 **Secret Lives of Gypsy Wives** Documentary.
3.10 **The Dog House**
3.55 **to 5.00** AM **Jamie Cooks the Mediterranean**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 **Warehouse 13** 8&9/13. (S2)
4.00 **Stargate SG-1** 16/22. (S7)
5.00 **Star Trek: Voyager** 10/26. A scientist is convinced he can make contact with *Voyager* via an artificial wormhole. (S6)
6.00 **Star Trek: Enterprise** 7/24. Archer infiltrates a Xindi-Sloth industrial colony as part of a reconnaissance mission. (S3)

9.00 Olympus Has Fallen

7.00 **Stargate Atlantis** *Vengeance:* 19/20. Sheppard stumbles upon a Wraith experiment to create giant insects. (S3)

8.00 **Stargate SG-1** *Death Knell:* 16/22. When Anubis's drones attack, Jacob is injured and Carter goes missing. (S7)

9.00 FILM **Olympus Has Fallen** Action thriller starring Gerard Butler. A disgraced secret service agent strives to foil North Korean guerrillas who have seized control of the White House and taken the president hostage. (2011, 15, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Resident Alien** 6/10. The mayor hires a new doctor. (S1)
12.10 AM **Grimm** 14/22. Following a brutal attack in the woods, Nick and Hank stumble upon a terrifying Wesen disease. (S5)
1.00 **The Walking Dead** (S7)
2.10 **Warehouse 13** 8&9/13. (S2)
3.50 **The Walking Dead** (S7)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S6)
9.00 **Shakespeare & Hathaway: Private Investigators** (S2)
10.00 **The Mentalist** 7/22. (S5)
11.00 **Hudson & Rex** 4/16. (S6)
12.00 NOON **Unforgettable** (S4)
1.00 PM **Death in Paradise** (S11)
2.00 **Murdoch Mysteries** (S6)
4.00 **The Mentalist** 7/22. (S5)
5.00 **Hudson & Rex** 4/16. (S6)
6.00 **Shakespeare & Hathaway: Private Investigators** 1/10. The duo track down a pampered dog that has run away from a life of luxury. (S2)

7.00 Private Eyes

7.00 **Private Eyes** *The Extra Mile:* 1/18. Angie and Shade take on a job for the owner of a car racing team. (S2)

8.00 **Death in Paradise** *Undercover and Out:* 4/9. Florence finds herself in familiar surroundings while looking into a murder. (S11)

9.00 **Death in Paradise** *Murder Going Down:* 6/8. A tourist is stabbed whilst travelling down one floor, alone, in a hotel lift. (S13)

10.00 **Father Brown** *The Wrath of Baron Samdi:* A voodoo priest is intent on winning back the woman he loves – no matter the cost.

11.00 **Private Eyes** As 7.00pm.
12.00 M'T **Shakespeare & Hathaway: Private Investigators** As 6.00pm.
1.00 AM **Death in Paradise** (S11)
2.00 **Murdoch Mysteries** (S6)
3.00 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
9.00 **The Green Green Grass**
9.40 **Are You Being Served?**
10.20 **Last of the Summer Wine**
11.40 **Dad**
12.20 PM **Only Fools and Horses**
1.00 **Keeping Up Appearances**
1.40 **Dad's Army**
2.20 **The Green Green Grass**
3.00 **Are You Being Served?**
3.40 **Dad**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

3.40 Dad

7.00 **Only Fools and Horses** Del Boy acquires a DIY nuclear fallout shelter.
7.40 **Dad's Army** The platoon have their hands full with two German prisoners.
8.20 **Are You Being Served?** Captain Peacock becomes friendly with Mr Rumbold's secretary.

9.00 **Fawlty Towers** Basil tries to save money on alterations to the hotel.
9.40 **Porridge** Betting fever sweeps Slade Prison, but it is not long before the stakes rise too high.
10.20 **Not Going Out** Lucy is forced to look after her god-daughter.

11.00 **Colin's Sandwich**
11.40 **Fawlty Towers** As 9.00pm.
12.20 AM **Porridge** As 9.40pm.
1.00 **Not Going Out** As 10.20pm.
1.40 **Colin's Sandwich**
2.25 **Don't Wait Up**
2.55 **Hi-de-Hi!**
3.30 **to 4.00** AM **Toast of London**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Long Weekends**
11.20 **Yukon Gold**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Robson Green: World's Most Amazing Walks** Jurassic Coast.
4.00 **Rick Stein's Long Weekends**
6.00 **The Hairy Bikers: Mums Know Best** Si and Dave meet mothers who enjoy cooking and eating outdoors.

7.00 Mortimer & Whitehouse

7.00 **Mortimer & Whitehouse: Gone Fishing** Fishing for barbel in Hay-on-Wye.
7.40 **Would I Lie to You?** With Rebecca Front, Jack Whitehall, Nick Hewer and Miranda Hart. **8.20** With guests Robert Webb, Terry Wogan, Katy Wix and Kevin Bridges.

9.00 **Have I Got a Bit More News for You** Stephen Mangan hosts the current affairs quiz, with guests Ross Noble and Ria Lina.

10.00 **QI XL** Lloyd Langford, Jack Whitehall and Victoria Coren Mitchell join regular panellist Alan Davies and host Stephen Fry.

11.00 **Taskmaster** Frank Skinner takes a boulder onto a train for a pleasant excursion.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Josh Widdicombe, Sue Perkins and Frank Skinner.
3.00 **to 4.00** AM **Taskmaster**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.25 **Classic Holby City**
10.40 **Casualty**
11.40 **The Bill**
12.45 PM **Classic EastEnders**
2.00 **Neighbours**
3.00 **Pie in the Sky**
4.00 **Lovejoy**
5.20 **Waiting for God**
6.00 **Last of the Summer Wine** Hobbo becomes a master of disguise to deceive his enemies. **6.40** Howard suspects that Pearl is cheating on him.

8.00 The Brokenwood Mysteries

7.20 **Last of the Summer Wine** After suffering a brush with Stella, Hobbo decides that it is time to find her a man.

8.00 **The Brokenwood Mysteries** *A Merry Bloody Christmas:* 4/4. Shepherd and his team are confronted with the sight of a Santa Claus with a slit throat. (S3)

10.00 **New Tricks** *Home Truths:* An investigation from 1971 is reopened following the discovery of bloodstained clothing.

11.00 **Silent Witness** *Identity:* A severed finger is brought to the Lyell Centre by a detective and immigration officer.
1.30 AM **Lovejoy** The antiques dealer tracks down a conman.
2.35 **Waiting for God**
3.05 **to 4.00** AM **Darby and Joan**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** (S20&21)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *In from the Cold:* 5/20. An elderly former spy with dementia is thought to be harbouring secrets. **7.00** *Knight and Day:* 6/20. Knight is assigned to protect the wife of a high-level defence contractor. **8.00** *Hardboiled:* 7/20. Torres gets intel from a confidential informant regarding top secret naval information. (S22)
9.00 **NCIS: Hawaii** New episode *Into Thin Air:* 8/10. A Marine's wife is kidnapped for ransom and the NCIS team race against time to find abductor. (S3)
10.00 **Law & Order: Special Victims Unit** (S17)
2.00 **to 3.50** AM **Blue Bloods**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Ambulance: Code Red** Two men involved in the disposal of hazardous waste are injured in an explosion.
10.00 **A&E After Dark**
11.00 **Skin A&E**
12.00 M'T **999: Killer on the Line** Brian Cox.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Commonwealth Games** The third day.
10.00 **Trucking Hell**
11.00 **Police Interceptors**
12.00 NOON **Gunsmoke** (S12)
1.05 PM FILM **Bandits of the West** Western. (1953, b/w, PG, 54min) ★★
2.10 FILM **Johnny Reno** Action western starring Dana Andrews. (1965, PG, 83min) ★
4.00 **Motorway Cops: Catching Britain's Speeders** Double bill.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** PC Ian Cosgrove heads to the scene of a hit-and-run.
9.00 **Police Interceptors**
10.00 **Highway Thru Hell**
11.00 **The X-Files** 5/20. (S5)
12.00 M'T **World's Most Dangerous Prisoners**
1.00 AM **Outback Truckers**
2.00 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
11.00 **DIY SOS: Veteran Street**
12.00 NOON **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Brother v Brother**
6.00 **DIY SOS: The Big Build**
7.00 **DIY SOS: Veteran Street**
8.00 **Dom Chinea's Cornish Workshop** Dom builds a drift car with engineer Sam Lovegrove. **9.00** Sam mends Dom's vintage motorbike for a cliff top trial.
10.00 **Designing the Hebrides** Banjo Beale transforms a dated cafe and bookshop on Skye. **10.40** Transforming two spaces on the Isle of Mull.
11.20 **One Born: What Happened Next?**
1.30 **to 3.00** AM **The Mormons Are Coming**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering**
8.00 **Bangers & Cash**
10.00 **Secret Nazi Bases**
11.00 **World War Two from Above** Documentary.
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Secret Nazi Bases**
5.00 **World War Two from Above** Documentary.
6.00 **Antiques Roadshow**
7.00 **Asia** The wildlife of Asia's mountains.
8.00 **1066: A Year to Conquer England**
9.00 **Portillo's Empire Journey** Michael Portillo heads to Jamaica.
10.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Great British Railway Journeys**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Sicily.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Derbyshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** A man raises funds for his mother's care home costs.
8.00 **Antiques Road Trip**
9.00 **The Repair Shop** Items include a pair of 1990s football boots and a jack-in-the-box.
10.00 **The Yorkshire Auction House** Two NHS workers sell their collectibles.
11.00 **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

MONDAY Entertainment

Monday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S5)
9.00 **Doctor Finlay** 6/7. (S3)
10.00 **Hamish Macbeth** (S2)
11.00 **Little House on the Prairie** 21&22/25. (S1)
1.00 PM **The Waltons** (S5)
4.00 **Little House on the Prairie** 21&22/25. (S1)
6.00 **Hamish Macbeth** (S2)
7.00 **M*A*S*H** 2/20. Members of the team write letters to schoolchildren. **7.30** 3/20. Hot Lips gains an admirer. **8.00** 4/20. Hot Lips' father turns up. **8.30** 5/20. A wounded soldier tries to make it through Christmas. **9.00** 6/20. The staff members relax on New Year's Eve. (S9)
9.35 **M*A*S*H** (S9)
1.25 AM **Rising Damp** (S4)
1.55 **Man About the House**
2.25 **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM **The High Chaparral**
10.00 **Wanted: Dead or Alive**
11.00 **FILM Gung Ho!** World War Two drama. (1943, b/w, PG, 88min) ★★★
1.00 PM **The Unit** 6/13. (S1)
2.00 **Burn Notice** (S1)
4.00 **FILM The Exception** World War Two drama starring Lily James. (2016, 15, 107min) ★★★
6.00 **The Unit** 6/13. (S1)
7.00 **Burn Notice** (S1)
9.00 **FILM The Predator** Sci-fi thriller starring Boyd Holbrook and Trevante Rhodes. (2018, 15, 102min) ★★★
11.15 **FILM Trigger Point** Thriller starring Barry Pepper and Colm Feore. (2021, 12, 85min) ★★
1.10 AM **Dragon Ball Super**
2.10 **Coast Guard Alaska**
3.20 **FILM Asteroid: Final Impact** Disaster thriller. (2015, PG, 86min) ★
5.15 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **The Chronicle Mysteries** *Deep End.*
10.05 **Hailey Dean Mysteries**
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S3)
2.00 **Castle** 9/23. (S4)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 10/23. (S4)
8.00 **Unforgettable** (S3)
9.00 **In Plain Sight** (S3)
10.00 **FILM The Gourmet Detective** Mystery starring Dylan Neal. (2015, PG, 90min) ★★
11.55 **FILM The Gourmet Detective: A Healthy Place to Die** Mystery sequel starring Dylan Neal and Brooke Burns. (2015, PG, 85min) ★★
1.50 AM **FILM The Wrong Mother** Suspense thriller starring Vanessa Marcil. (2017, PG, 89min) ★★
3.25 **to 5.00** AM **FILM A Deadly Lullaby** Thriller. (2020, 12, 86min) ★

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM **FILM Never Too Late to Celebrate** Drama. (2023, PG, 90min) ★★
10.10 **FILM The Perfect Wedding Match** Comedy. (2021, PG, 86min) ★★
12.05 PM **FILM Sealed with a Kiss** Romantic drama. (2015, PG, 115min) ★★
2.00 **FILM Shifting Gears** Drama. (2024, U) ★★
3.50 **FILM A Lifelong Love** Drama. (2023, U) ★★
5.45 **FILM Love on the Vines** Romantic drama. (2016, PG, 78min) ★★
7.40 **FILM With Love, Your Sweetly Salted** Drama. (2023, U, 91min) ★★
9.40 **FILM It Was Always You** Romantic drama. (2021, PG, 86min) ★★
11.45 **FILM A Royal Recipe for Love** Romance. (2023, PG, 89min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Shifting Gears** (2024)

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** Documentary.
1.00 PM **Celebrity Coach Trip**
2.00 **Lake District Rescue**
3.00 **Garden Rescue**
4.00 **Rick Stein's Food Stories** From Cumbria.
4.45 **Edwardian Farm**
6.00 **Love Your Garden**
7.00 **BSL Zone: Small World**
7.30 **Queer Lives Today**
8.00 **Garden Rescue**
9.00 **Lake District Rescue** A man suffers a broken leg on the Corridor Route to Scafell Pike.
10.00 **BSL Zone: Small World**
10.30 **FILM Bread** Drama starring Anthony Nigel. (1971, 15, 72min) ★★
12.00 M'T **FILM Adventures of a Private Eye** Comedy. (1977, 18, 92min) ★
2.00 AM **Lake District Rescue** As 9.00pm.
3.00 **Edwardian Farm**
4.15 **to 5.00** AM **Rick Stein's Food Stories**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor in Charge**
10.30 **Bottle Boys** 6/6. (S1)
11.00 **The Fenn Street Gang**
11.30 **Hallelujah** 1/8. (S2)
12.00 NOON **Man in a Suitcase**
1.00 PM **Agony** 1/7. (S3)
1.30 **Press Gang** (S1)
2.00 **Second Thoughts** (S2)
2.30 **The Fenn Street Gang**
3.00 **Hallelujah** 1/8. (S2)
3.30 **Boon** 10/13. (S5)
4.30 **Old Country** (S1)
5.00 **Stereo Underground**
6.00 **Press Gang** 3/12. (S1)
6.30 **Danger Man** (S1)
7.00 **Bottle Boys** (S1)
7.30 **Doctor in Charge**
8.00 **Man in a Suitcase** (S1)
9.00 **Drop the Dead Donkey**
10.00 **FILM Takin' It All Off** Comedy. (1987, 18) ★★
11.55 **FILM Horror Hospital** Horror. (1973, 18) ★
1.40 AM **Stereo Underground**
2.40 **Rewind Time Machine**
2.45 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **Mysteries of the Missing** Documentary.
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Aussie Gold Hunters** The Gold Gypsies tear into an all-or-nothing final mission. **8.00** The Dirt Dogs process the gold from their heap leach.
9.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff helps the pets of disadvantaged owners.
10.00 **Life at Vet University**
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **The Hairy Bikers' Mediterranean Adventure** From France.
7.00 **Hairy Bikers Go North**
8.00 **Jamie's 5 Ingredient Mediterranean Meals**
9.00 **Jamie Oliver: Cooking for Less** Culinary series.
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **Hairy Bikers Go North**
4.00 **Nigella Bites**
5.00 **Jamie's 5 Ingredient Mediterranean Meals**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **James Martin's Spanish Adventure** James enjoys a denton fish dish. **10.00** James reminisces about a tapas bar.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 24/28. (S1)
9.00 **T.J. Hooker** 19/19. (S5)
10.00 **Babylon 5** 12/22. (S2)
11.00 **FILM Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
1.00 PM **FILM The Gambler** Musical drama. (1980, PG, 95min) ★★★
3.00 **FILM Posse** Western. (1975, 15, 94min) ★★
5.00 **Star Trek** 3/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 13/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM Safe House** Thriller starring Ryan Reynolds. (2012, 15, 110min) ★★★
11.25 **FILM The Enforcer** Crime thriller starring Antonio Banderas. (2022, 18, 90min) ★★
1.15 AM **FILM Ulzana's Raid** Cult Western. (1972, 15, 103min) ★★★★
3.10 **to 4.55** AM **FILM Drive Hard** Action thriller. (2014, 15, 92min) ★

Legend Xtra

316 316 171 69 138 51

9.00 AM **FILM Instrument of War** Wartime drama. (2017, 12, 90min) ★★
11.00 **Andromeda** 5/22. (S4)
12.00 NOON **FILM George and the Dragon** Fantasy adventure. (2004, PG, 93min) ★★★
2.00 PM **The Gambler V: Playing for Keeps**
4.00 **Walker, Texas Ranger**
5.00 **FILM Princess of Mars** Sci-fi action adventure. (2009, 12, 90min) ★★
7.00 **Andromeda** 6/22. (S4)
8.00 **The A-Team** 23/23. (S2)
9.00 **FILM The Bounty Hunter** Comedy thriller starring Jennifer Aniston and Gerard Butler. (2010, 12, 110min) ★★★
11.20 **FILM Drive** Stylish film-noir thriller. (2011, 18, 100min) ★★★★★
1.25 AM **FILM Red** Thriller. (2008, 15, 93min) ★★
3.15 **FILM Princess of Mars**
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** In Stoke-on-Trent.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Container Wars**
9.20 **Storage Hunters**
1.05 PM **Pawn Stars**
2.05 **Money for Nothing**
3.05 **Container Wars**
4.05 **Ancient Aliens**
5.00 **Alien Files Reopened**
6.00 **Storage Wars**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal**
9.00 **Secrets in the Sand**
10.00 **Secrets in the Dark** Exploring the eerie acoustics of the cave.
11.00 **Mysteries Unearthed with Danny Trejo**
12.00 M'T **The Curse of Civil War Gold**
1.00 AM **Alien Files Reopened** Documentary.
2.00 **Cops Uncensored**
3.00 **Container Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** Australia.
12.00 NOON **All Creatures Great and Small Christmas Special** (S3)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Secret Life of the Forest**
6.00 **Sunken Warships: Secrets from the Deep**
7.00 **Ben Fogle: New Lives in the Wild** Ben meets Karen in the desert surrounding Roswell. **8.00** Ben visits the Isle of Wight to meet Gav, Lucy and their son Bo.
9.00 **Egypt with Dan Snow** The historian travels through the country.
10.00 **Lost in the Desert with Nick Knowles**
11.00 **Prisoner: Cell Block H**
1.05 AM **Murder, She Wrote**
3.10 **to 4.00** AM **Sunken Warships: Secrets from the Deep**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **Celebrity Who Wants to Be a Millionaire?**
5.00 **The Bidding Room**
6.00 **Tenable** Five friends take part in the quiz.
7.00 **The Chase Celebrity Special** Kirsty Gallacher, Clive Tyldesley, Charley Boorman and Rachel Riley compete for charity.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** With Phil Tufnell, Jennie Bond, Ulrika Jonsson and Laurence Llewelyn-Bowen.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.30** 13/23. Sheldon develops a scientific procedure for making new friends. (S2)
9.00 **Unacceptable** Lucy Beaumont gives a PM address, and Ivo Graham defends state support for private schools.
10.00 **FILM Beverly Hills Cop II** Action comedy sequel starring Eddie Murphy and Brigitte Nielsen. (1987, 15, 99min) ★★★
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **Everybody Loves Raymond** 10-13/24. (S4)
11.00 **The Upper Hand** (S4)
1.00 PM **Friends** (S7&8)
8.00 **Friends** 5/24. Ross is horrified to learn that Rachel has a date. **8.30** 6/24. Phoebe is attracted to her twin sister's fiancé. (S8)
9.00 **Stupid Central** New editions Featuring hair-raising rollercoasters. **9.30** DIY disasters.
10.00 **Mr Bean** 9&10/14. (S1)
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **Most Ridiculous**
1.00 AM **South Park**
2.30 **Dara O Briain Talks Funny: Live in London**
3.25 **The Comedy Central Chart Show**
3.30 **Jack Whitehall Gets Around** Stand-up.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 6&7/24. (S4)
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** As 7.00pm.
11.00 **Friends** 18-21/25. (S3)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** 8-11/24. (S4)
7.00 **Michael McIntyre's Big Show** With Rita Ora and Eamonn Holmes.
8.00 **The Upper Hand** (S4)
9.00 **Rhod Gilbert's Growing Pains** With Susie Dent.
10.00 **Friends** 15-20/24. (S7)
1.00 AM **8 Out of 10 Cats**
1.50 **Michael McIntyre's Big Show** As 7.00pm.
2.50 **Comedy Central Live**
3.35 **Impractical Jokers**
5.10 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 56 42

8.00 AM **Highlights**
10.10 **Bread** 10/14. (S6)
10.50 **Steptoe and Son** (S1)
11.25 **Oh, Doctor Beeching!**
12.00 NOON **Rising Damp**
12.30 PM **Man About the...**
1.00 **Goodnight Sweetheart**
1.35 **When the Boat Comes In** 1/10. Drama. (S4)
2.40 **Minder** 11/13. (S2)
3.45 **Just Good Friends** (S3)
4.25 **Man About the House**
4.55 **Bread** 10/14. (S6)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.15 **Rising Damp** 1/7. (S1)
6.45 **Steptoe and Son** (S1)
7.20 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 10/10. (S10)
9.00 **Benidorm** 3/7. (S7)
9.55 **Shameless** 10/16. (S5)
10.55 **Man About the House**
11.25 **Mind Your Language**
11.55 **Benidorm** 3/7. (S7)
12.55 AM **Minder** 6/11. (S4)
2.00 **Duty Free** 5/7. (S3)
2.25 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Reality series.
1.00 PM **Catfish: Teams**
2.00 **Catfish: The TV Show**
4.00 **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Rich Kids Go Skint** Rich Chelsea kid Olly spends time with single mother Clare.
8.00 **Judge Judy**
9.00 **Just Tattoo of Us** *TOWIE*'s Harry and mum Karen go head to head.
10.00 **NEW SERIES Ink Master** Competitive tattooing contest.
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness**
1.00 AM **Ink Master**
2.45 **True Life Crime UK**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

27 July **Monday**

Monday

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush**
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Wind generators and PVC gloves. **3.30** Car radiators, filo pastry and cross-country skis. **4.00** Pre-packaged chicken. **4.30** Firefighters' boots.
5.00 **Alaska: Homestead Rescue** In Hawaii, the Raneys rescue a family with a crumbling cabin.

11.00 The Alaska Triangle

7.00 Last Chance Garage Tony Jr merges components from two Hudsons to breathe new life into an old flame.

8.00 The Woodland Workshop Chainsaw artist Ella creates a coffee table for a legendary Leicestershire landlord.

9.00 Maine Cabin Masters The crew save a family's lakeside cabin that has been neglected for the past 25 years.

10.00 Expedition X Phil Torres and Heather Amaro descend into the Mayan underworld to explore a vast subterranean cave.

11.00 **The Alaska Triangle** The mysterious 1918 sinking of the SS *Princess Sophia*.
12.00 M'T **Deadliest Catch**
1.00 AM **Maine Cabin Masters**
2.00 **Expedition X** As 10.00pm.
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **We Love Puppies**
10.00 **Tanked** An acrylic waterfall.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A feline that turns nasty at night. **4.00** A couple afraid to have a child due to their hostile cat.
5.00 **Lone Star Law** Wardens Herchman and Stapleton find a man who faked his own death.
6.00 **Dr Jeff: Rocky Mountain Vet** Tigger the cat is monitored.

7.00 Treehouse Masters

7.00 Treehouse Masters Pete Nelson and his team visit an alpaca farm to build a lodge inspired by US national parks.

8.00 Mountain Monsters Expert hunters set out to catch a blood-sucking 'devil dog' and make Appalachia safe again.

9.00 Alaska: The Last Frontier Members of the Kilchers family film themselves making home-made gifts.

10.00 Alaskan Bush People A storm hits the island, threatening the Browns' safety, while oldest brother Matt returns.

11.00 **The Haunted** A couple see a shadowy figure in their flat.
12.00 M'T **Crikey! It's the Irwins** Robert gets set to swim with a huge reticulated python.
1.00 AM **River of No Return**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Mega Marine Machines**
11.00 **Car S.O.S** A 1986 Rover SD1.
12.00 NOON **Ultimate Airport Dubai**
1.00 PM **Air Crash Investigation**
2.00 **Nazi Megastructures**
4.00 **Lost Treasures of Egypt** The mysteries of Hatshepsut.
5.00 **Draining the Thames: What Lies Beneath** Exploring London's history through relics found under the Thames.
6.00 **World War II: The Apocalypse** Footage of the end of World War Two.

7.00 Air Crash Investigation

7.00 Air Crash Investigation An airliner that went down over a warzone in eastern Ukraine, killing 298 people.

8.00 Disaster Autopsy New edition The causes of the Madrid tower fire, Rana Plaza collapse and the Chernobyl disaster.

9.00 Air Crash Investigation Investigators discover a danger that the industry has known about for years.

10.00 Plane Crash Recreated The story of US Airways Flight 1549, which was forced to land on the Hudson River in 2009.

11.00 **Air Crash Investigation** Yeti Airlines Flight 691 stalls and crashes into a gorge.
12.00 M'T **Border Protection Spain**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown** Rich makes an unlikely discovery.
2.30 **Lords of War**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Bizarre phenomena.
6.30 **Hardcore Pawn**
9.15 **Pawn Stars**
10.10 **Junk & Disorderly**
11.05 **Storage Wars**
12.00 NOON **The UnXplained with William Shatner**
1.00 PM **Secrets Declassified with David Duchovny**
2.00 **Digging for Britain**
6.00 **History's Greatest Picks with Mike Wolfe** The collector uncovers the stories and values behind legendary treasures.

10.00 UFO POV

7.00 Forged in Fire For the programme's 100th edition, four bladesmiths compete to forge an epic samurai weapon.

8.00 Swamp Mysteries with Troy Landry Troy gets a call from a local rancher that feral hogs are tearing his property apart.

9.00 Secrets Declassified with David Duchovny New edition The tales governments have used to blanket their missions.

10.00 UFO POV Eye-witness accounts and expert analysis show what UFOs might see from their own perspective.

11.00 **UFO POV** Chris Rutkowski explains an unexplained event.
12.00 M'T **Digging for Britain**
2.00 AM **World War II with Tom Hanks** New edition The final stages of World War Two. **3.00** Series finale A look into the fallout from the war.
4.00 **Secrets Declassified with David Duchovny** As 9.00pm.
5.00 **to 6.00** AM **Junk & Disorderly**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Nineties**
7.00 **Discovering**
8.00 **The Directors**
9.00 **Ren Faire**
10.00 **The Man Who Played with Fire** 1/4. Documentary.
11.00 **Murder in Boston: Roots, Rampage and Reckoning**
12.00 NOON **Dave Not Coming Back** Documentary.
2.00 PM **SIC: Prince of MotoGP**
3.40 **My Icon**
4.00 **The Directors**
5.00 **Discovering**
6.00 **I Am Jackie O**

8.00 Murder at the Cottage

7.45 My Icon: Denise Lewis The former British heptathlete speaks about the figures who have been an inspiration to her.

8.00 Murder at the Cottage 1/5. An investigation into the 1996 murder of Sophie Toscan du Plantier in West Cork.

9.00 Murder at the Cottage 2/5. Jim Sheridan talks to a key witness who called the police with information about the murder case.

10.00 Murder at the Cottage 3/5. False leads muddy the investigation into Sophie Toscan du Plantier's murder.

11.00 **I'm Chevy Chase and You're Not** A profile of the actor and comedian, who rose to fame on *Saturday Night Live* before becoming a film star.
1.00 AM **Anatomy of Lies** 1–3/3. How writer Elisabeth R Finch fabricated her life story.
4.05 **The Directors**
5.00 **to 6.00** AM **Discovering: Denzel Washington**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Gem Hunters Down Under** Double bill.
1.00 PM **Ant Anstead: Born Mechanic**
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **Johnny Vegas' Little Shop of Antiques**
9.00 NEW SERIES **Ant Anstead: Born Mechanic**
10.00 **The Repair Shop Jubilee Special**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **The Big Swindle**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Harold Shipman.
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **Judge Rinder's Crime Stories** The case of Michelle Gunshon, who disappeared in 2004.
8.00 **Murder on CCTV**
10.00 **Faking It: Tears of a Crime** Ian Huntley.
11.00 **Deadliest Mums & Dads** Documentary.
12.00 M'T **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** Brian Healless.
8.00 **UK Crime Files: Murder: The Tattoo Clue** A woman's body is discovered at a pumping station in Hull.
9.00 **UK Crime Files: Blackpool Double Murder** Documentary.
10.00 **Donal MacIntyre's Killer Evidence**
11.00 **Secrets of a Murder Detective** True-crime.
12.00 M'T **UK Crime Files: Murder: The Tattoo Clue** As 8.00pm.
1.00 AM **UK Crime Files: Blackpool Double Murder** Documentary.
2.00 **Donal MacIntyre's Killer Evidence**
3.00 **Britain's Countryside Killers** Brian Healless.
4.00 **to 6.00** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files**
11.00 **Secrets of a Murder Detective** True-crime.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Britain's Youngest Contract Killer**
3.00 **UK Crime Files: Kidnap and Murder of an Heiress** Muriel McKay.
4.00 **Killers: Caught on Camera** A house fire.
5.00 **Medical Detectives** Investigators close in on a serial rapist. **5.30** Police in California are baffled when an innocent man's DNA is found at a crime scene. **6.00** Fibres lead investigators to a killer. **6.30** Evidence found in a burned-out car.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Patrol**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Death on the Beach** Chrissie Annesley.
1.00 PM **Murdered at First Sight** Cheryl Moss.
2.00 **World's Most Evil Killers**
3.00 **Catching the Killer**
4.00 **The Real Manhunter**
5.00 **How I Caught the Killer**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Killing Mum and Dad**
10.00 **Catching the Killer**
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil Killers** Glen McCurley.
1.00 AM **Catching the Killer**
2.00 **The Real CSI: Miami**
3.00 **Send in the Dogs**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** Documentary.
8.35 **Treasures Decoded**
9.35 **Pirates: Behind the Legends** As 7.40pm.
10.35 **King Arthur's Britain**
11.50 **The Ghettos & the Holocaust** Documentary.
1.00 PM **America the Bountiful** Pheasants.
1.35 **Treasures Decoded**
2.35 **Pirates: Behind the Legends** As 7.40pm.
3.35 **King Arthur's Britain**
4.55 **The Ghettos & the Holocaust** Documentary.
6.05 **America the Bountiful**
6.40 **Treasures Decoded**
7.40 **Pirates: Behind the Legends** Exploring the story of Francis Drake.
8.35 **King Arthur's Britain**
9.50 **The Ghettos & the Holocaust** Documentary.
11.00 **Pirates: Behind the Legends** As 7.40pm.
12.00 M'T **King Arthur's Britain**
1.15 **to 2.00** AM **America the Bountiful**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

MONDAY

Monday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **Moon: Nature's Secret Force**
10.00 **New Kids in the Wild**
11.00 **Ireland's Wild Islands with Eoin Warner** A visit to Rathlin.
12.00 NOON **Evolution Earth**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Moon: Nature's Secret Force**
4.00 **New Kids in the Wild**
5.00 **Ireland's Wild Islands with Eoin Warner** A visit to Rathlin.
6.00 **Evolution Earth**
7.00 **Monkey Life** Double bill.
8.00 **Surviving the Amazon**
9.00 **Superbeast**
10.00 **Evolution Earth**
11.00 **Ireland's Wild Islands with Eoin Warner** A visit to Rathlin.
12.00 M'T **Reef Wrecks**
1.00 AM **Ol Pejeta Diaries**
2.00 **Surviving the Amazon**
3.00 **Superbeast**
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Moon: Nature's Secret Force**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Combat Trains**
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens**
1.00 PM **Digging Up Britain's Past**
6.00 **Mysteries from Above**
7.00 **Alien Corridors** A look at patterns in UFO and UAP sightings across the world, focusing on findings in Alaska.
8.00 **Battle 360** The story of the USS *Enterprise* and the role the ship played in the Gilbert Islands invasion during World War Two, becoming the first to receive a Presidential Unit Citation.
9.00 **The Proof Is Out There: Unexplained Edition** Tony Harris and experts probe chilling paranormal footage.
10.00 **Killer Kings** The story of Emperor Nero, who rose to power at the age of 16.
11.00 **Ancient Aliens**
1.00 AM **Alien Corridors**
2.00 **Digging Up Britain's Past**
5.00 **to 6.00** AM **Crimes That Shook Britain**

Discovery Science

167 148 179

8.00 AM **Alien Highway**
9.00 **Killers of the Cosmos**
11.00 **Richard Hammond's Big**
1.00 PM **Secrets Underground**
3.00 **How the Universe Works**
6.00 **How It's Made**
9.00 **How the Universe Works** New discoveries reveal the importance of black holes in creating stars, giving light, and building the universe itself..
10.00 New discoveries reveal the secrets of nebulas, which are strange structures of cosmic gas and dust where stars are born and die in space.
11.00 **NASA's Unexplained Files** Experts investigate whether the Roswell UFO incident was a Soviet conspiracy masterminded by Joseph Stalin, or if the story may be another cover-up.
12.00 M'T Experts investigate the possibility of alien life on Saturn's largest moon.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Richard Hammond's Big**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitive Hunters: Mexico**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Robbie Coltrane's Critical Evidence** Triple bill.
2.00 PM **Green Eyed Killers**
3.00 **Sunshine Slayings**
6.00 **On the Case with Paula Zahn** A girl's runaway note raises tough questions for police.
7.00 **The First 48** The murder of a man in Tulsa, Oklahoma.
8.00 **Green Eyed Killers** The murder of Yeardley Love.
9.00 **Murder at the Motel** Fire crews tackling a blaze in a motel room discover a body.
10.00 **Look What You Made Me Do**
11.00 **Sunshine Slayings**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Los Angeles** Documentary.
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Incredible Animal Journeys**
11.00 **Alaska Animal Rescue**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Heartland Docs**
3.00 **World's Weirdest**
4.00 **Secrets of the Zoo**
5.00 **Yukon Vet**
7.00 **Secrets of the Zoo** Two Asian small clawed otters show off their x-ray training skills.
8.00 **When Sharks Attack and Why** New edition A surge in shark attacks in South Carolina and New Caledonia.
9.00 **Supersized Sharks** Tiger sharks hunting off a small island in the middle of the South Pacific.
10.00 **Lawless Island** Mary Miller hunts for deer in forests that are home to wolves.
11.00 **Ultimate Airport Dubai**
12.00 M'T **World's Deadliest**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Alaska Animal Rescue**

Discovery History

161/172 147 181

7.00 AM **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Secrets Underground**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Experts explore the most astonishing discoveries of the *Voyager* spacecraft.
8.00 **Expedition Unknown** In Egypt, explorer Josh Gates searches for ancient artefacts.
9.00 **Ancient Unexplained Files** Microbiology reveals why a medieval child was buried with a stone in its mouth.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Secrets of the London Underground** Four editions.
1.00 PM **Secrets of the London Underground** Four editions.
5.00 **Whatever Happened to the Likely Lads?** Bob he realises all his peers – even the vicar – seem to be getting divorced.
5.40 Terry finds it difficult to accept that times have changed while he has been away.
6.20 Terry plans to track down some of his former girlfriends – little suspecting the shocks that await him.
7.00 Bob throws a surprise party for Terry – but the blindfolded guest of honour begins to insult old friends.
7.40 Bob and Terry try to avoid the news so they can watch highlights of a football match without knowing the result.
8.20 **Whatever Happened to the Likely Lads?** Sitcom.
5.35 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1hour 266 376

ID

154 140 166

8.00 AM **Mother, May I Murder?**
12.00 NOON **Still a Mystery**
1.00 PM **American Monster**
3.00 **Deadly Secrets** Four editions of the true-crime documentary.
7.00 **Evil Online** The case of 50-year-old real-estate agent Beverly Carter, who was murdered after arranging to meet a prospective buyer at a remote house in 2014.
8.00 The case of Jeffrey Marsalis, who is serving a life sentence for rape.
9.00 **True Conviction** The 1986 murder of law student Tracey Schoettlin in Alabama.
10.00 **On the Case with Paula Zahn** Police in Northern Carolina join forces to find a vicious killer.
11.00 **Feds** The FBI come face-to-face with a glamorous but dangerous criminal and an elaborate smuggling ring.
12.00 M'T **Police 911: Michigan**
2.00 AM **Deadly Secrets**
4.00 **to 6.00** AM **Evil Online**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Big**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Bad Chad Customs**
2.00 **Ant Anstead: Born Mechanic**
3.00 **Fifth Gear**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Faster with Finnegan**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only** Locals in Ohio compete for $5,000 and a chance to take on Street Outlaw Doc.
9.00 **Outback Truckers** Mike and Vinnie confront unexpected challenges near Halls Creek.
10.00 **G.A.S. Extreme Customs**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Street Outlaws: Locals Only** As shown at 8.00pm.
1.00 AM **Richard Hammond's Big**
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Grand Prix of Europe** Animation. (2025, U, 98min)
7.45 **Wicked: For Good** As 3.45pm.
10.10 **In Cold Light** As 4.15am.
11.50 **Mortal Kombat II** As 8.00pm.
2.00 PM **Eleanor the Great** Drama. (2025, 12, 98min) ★★★★
3.45 **Wicked: For Good** Fantasy sequel starring Cynthia Erivo. (2025, PG, 137min) ★★★
6.10 **Anaconda** Action comedy with Jack Black and Paul Rudd. (2025, 12, 99min) ★★★

10.05 Lee Cronin's The Mummy

8.00 Mortal Kombat II Fantasy adventure sequel with Karl Urban, Adeline Rudolph and Martyn Ford. Several champions are pitted against one another in the ultimate battle to defeat the dark rule of Shao Kahn. (2024, 15, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Lee Cronin's The Mummy Supernatural horror starring Jack Reynor and Natalie Grace. The young daughter of a journalist disappears into the desert without trace – only to return eight years later. (2026, 18, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Night Patrol** Horror starring Jermaine Fowler. (2025, 15, 103min) ★★★
2.30 **Lurker** Crime drama. (2025, 15, 100min) ★★★★
4.15 **to 6.00** AM **In Cold Light** Thriller starring Maika Monroe. (2025, 15, 96min) ★★★

Sky Cinema Pitch Perfect

303 303 403 503 517

6.00 AM **Pitch Perfect** As 6.00pm.
8.05 **Pitch Perfect 2** As 8.00pm.
10.10 **Pitch Perfect 3** As 10.00pm.
12.00 NOON **Pitch Perfect** (2012)
2.05 PM **Pitch Perfect 2** (2015)
4.10 **Pitch Perfect 3** As 10.00pm.
6.00 **Pitch Perfect** Comedy set in the world of American college a cappella singing, starring Anna Kendrick. A wannabe DJ tries to shake up her college's all-female singing group. (2012, 12, 112min) ★★★★

6.00 Pitch Perfect

8.00 Pitch Perfect 2 Musical comedy sequel starring Anna Kendrick and Rebel Wilson. The Barden Bellas try to recover from a disastrous performance by winning the World Championships of A Cappella in Copenhagen. (2015, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Pitch Perfect 3 Musical comedy sequel starring Anna Kendrick and Rebel Wilson. Following their win at the world championship, the Bellas reunite for one last singing competition at an overseas tour. With Brittany Snow, Hailee Steinfeld and Anna Camp. (2017, 12, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Pitch Perfect** As 6.00pm.
1.30 AM **Pitch Perfect 2** (2015)
3.25 **Pitch Perfect 3** As 10.00pm.
5.10 **to 7.05** AM **Pitch Perfect**

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Mass** Fran Kranz' drama. (2021, 12, 111 min) ★★★★★
8.00 **The Room Next Door**
9.50 **The Breakfast Club** Director John Hughes' comedy drama. (1984, 15, 97min) ★★★★
11.30 **The Shawshank Redemption** Prison drama with Tim Robbins. (1994, 15, 142min) ★★★★★
2.00 PM **Lee** Biopic starring Kate Winslet. (2023, 15, 117min) ★★★
4.00 **Boyz N the Hood** Oscar-nominated urban drama. (1991, 15, 111 min) ★★★★★
5.55 **About Time** Romantic comedy fantasy. (2013, 12, 120min) ★★★
8.00 **Chicago** Oscar-winning screen version of the Broadway musical, with Renée Zellweger, Catherine Zeta-Jones and Richard Gere. (2002, 12, 112min) ★★★★
10.00 **A Star Is Born** Music drama starring Lady Gaga and Bradley Cooper, who also directed. (2018, 15, 136min) ★★★★★
12.20 AM **The Cut** Psychological thriller starring Orlando Bloom. (2024, 12, 99min) ★★★
2.05 **Boyz N the Hood** As 4.00pm.
4.05 **to 6.00** AM **The Room Next Door** Drama starring Tilda Swinton and Julianne Moore. (2024, 12, 102min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.40 AM **Logan's Run** Adventure. (1976, PG, 115min) ★★★★
8.40 **It Feeds** Horror thriller. (2025, 15, 102min) ★★★
10.25 **Spin the Bottle** Horror. (2024, 15, 119min) ★★
12.30 PM **Anaconda** Adventure. (1997, 15, 89min) ★★★
2.05 **Chappie** Sci-fi thriller starring Dev Patel and Hugh Jackman. (2015, 15, 120min) ★★
4.10 **Ghostbusters** Action comedy. (1984, 12, 105min) ★★★★
6.00 **InnerSpace** Sci-fi comedy thriller. (1987, PG, 119min) ★★★
8.00 **They Will Kill You** Horror comedy starring Zazie Beetz. A woman takes a job as a housekeeper in a high-rise, unaware of the building's history of disappearances. (2025, 15, 94min) ★★★
10.00 **Him** Supernatural horror starring Marlon Wayans. (2025, 18, 96min) ★★★
11.50 **The Exorcist** Occult horror chiller starring Max von Sydow. (1973, 18, 121min) ★★★★★
1.55 AM **The Crazies** Horror remake. (2010, 15, 101min) ★★★★
3.40 **to 6.05** AM **Waterworld** Sci-fi adventure starring Kevin Costner. (1995, 12, 134min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

7.35 AM **MouseHunt** Comedy. (1997, PG, 98min) ★★★★
9.15 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
11.55 **Wicked: For Good** Fantasy. (2025, PG, 137min) ★★★
2.20 PM **The Wizard of Oz** Fantasy. (1939, U, 98min) ★★★★★
4.05 **Free Willy** Family adventure. (1993, U, 112min) ★★★★
6.00 **Peter Rabbit** Comedy with the voice of James Corden. (2018, PG, 95min) ★★★

7.40 **Peter Rabbit 2: The Runaway** Family comedy adventure sequel with the voice of James Corden. (2021, U, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **Teenage Mutant Ninja Turtles** Fantasy adventure starring Megan Fox, William Fichtner and Will Arnett. Four humanoid amphibians use their martial arts skills to protect New York from a criminal organisation. (2014, 12, 101 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy adventure sequel. (2016, 12, 112min) ★★★
1.00 AM **Jack the Giant Slayer** Fantasy starring Nicholas Hoult. (2013, 12, 114min) ★★★
2.55 **The SpongeBob Movie: Sponge Out of Water** Animated family comedy. (2015, U, 93min) ★★★
4.45 **to 7.15** AM **The Karate Kid** Adventure. (2010, PG) ★★★

Sky Cinema Action

306 306 407 507 521

6.50 AM **The Cinema List: Jurassic**
7.10 **Twilight of the Warriors: Walled In** As 4.05am.
9.25 **Red Right Hand** Thriller. (2023, 15, 111 min) ★★★
11.30 **Old Guy** Action comedy. (2024, 15, 94min) ★★★
1.15 PM **Jurassic Park** Thriller. (1993, PG, 127min) ★★★★★
3.25 **Skyscraper** Action thriller. (2018, 12, 102min) ★★★
5.20 **Gladiator II** Drama sequel. (2024, 15, 148min) ★★★

8.00 **Jurassic World: Rebirth** Fantasy adventure starring Scarlett Johansson, Mahershala Ali and Jonathan Bailey. A crack team infiltrate a forbidden island to collect the DNA of three key dinosaur species. (2025, 12, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **The Meg** Action thriller starring Jason Statham. A rescue diver is hired to save the crew of a deep-sea submersible from a 75ft-long shark. (2018, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Crawl** Horror thriller starring Kaya Scodelario. (2019, 15, 87min) ★★★
2.10 **Silent Night** Action thriller starring Joel Kinnaman. (2023, 15, 104min) ★★★★
4.05 **to 6.15** AM **Twilight of the Warriors: Walled In** Hong Kong crime thriller. Subtitled. (2024, 15, 126min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.05 AM **Instant Family** (2018)
9.05 **Notting Hill** (1999, 15) ★★★★
11.10 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
1.00 PM **Dumb and Dumberer: When Harry Met Lloyd** Comedy prequel. (2003, 12) ★
2.30 **American Pie: The Wedding** Comedy. (2003, 15, 96min) ★
4.10 **About Last Night** Comedy remake. (2014, 15, 98min) ★★
6.00 **Instant Family** Comedy drama. (2018, 12, 118min) ★★★★

8.00 **Anaconda** Comedy adventure starring Jack Black and Paul Rudd. Two friends encounter a terrifying creature while remaking a movie they have been wanting to shoot since childhood. (2025, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **American Reunion** Comedy sequel starring Jason Biggs and Alyson Hannigan. The group of friends get together some 13 years after leaving high school. (2012, 15, 108min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Yesterday** Fantasy comedy. (2019, 12, 116min) ★★★
1.45 AM **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
3.40 **Seven Psychopaths** Dark comedy starring Colin Farrell. (2012, 15, 106min) ★★★★
5.30 **to 7.15** AM **The Phoenician Scheme** Comedy thriller. (2025, 15, 101 min) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.15 AM **Icefall** Action thriller. (2025, 15, 95min) ★★★
9.00 **Murder by Numbers** Thriller. (2002, 15, 120min) ★★★
11.10 **Dead Man's Wire** Thriller. (2025, 15, 104min) ★★★★
1.05 PM **The Bourne Ultimatum** Espionage thriller sequel. (2007, 12, 115min) ★★★★
3.10 **Inception** Sci-fi thriller. (2010, 12, 148min) ★★★★★
5.45 **The Accountant** Thriller. (2016, 15, 123min) ★★★

8.00 **The Bourne Legacy** Spy thriller sequel with Jeremy Renner and Rachel Weisz. A genetically enhanced secret agent goes on the run with his supervisor when his life is threatened from within his organisation. (2012, 12, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Captain Phillips** Fact-based thriller starring Tom Hanks and Barkhad Abdi. Four Somali pirates hijack a US container ship, putting its veteran captain through a terrifying ordeal. (2013, 12, 129min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Carolina Caroline** Crime thriller with Samara Weaving. (2025, 15, 105min) ★★★★
2.35 **Last Seen Alive** Thriller. (2022, 15, 95min) ★★★
4.20 **to 6.00** AM **Restless** Thriller. (2024, 15, 89min) ★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Yellow Mountain** Western. (1954, U, 77min) ★★
12.35 PM **The Call of the Wild** Historical adventure. (2020, PG, 96min) ★★★
2.30 **The 300 Spartans** War epic. (1962, PG, 113min) ★★★
4.45 **Prince Valiant** Adventure. (1954, PG, 100min) ★★★
6.45 **Independence Day: Resurgence** Sci-fi adventure. (2016, 12, 120min) ★★★

Independence Day: Resurgence (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **No Hard Feelings** Comedy starring Jennifer Lawrence and Andrew Barth Feldman. A hard-up woman agrees to date a wealthy couple's awkward son to force him out of his shell before college. With Laura Benanti and Matthew Broderick. (2023, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Passing** Historical drama starring Tessa Thompson and Ruth Negga. Two mixed race childhood friends reunite in adulthood in the 1920s, only for one to realise the other is passing as white. (2021, b/w, 12, 98min) ★★★★
1.05 **to 3.20** AM **Raging Grace** Horror with Max Eigenmann. (2023, 15, 100min) ★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Animation

302 302 402 502 516

6.00 AM **Corpse Bride** As 8.50pm.
7.35 **Trolls** As shown at 1.25am.
9.25 **Grand Prix of Europe** Animation. (2025, U, 98min)
11.15 **Dog Man** As shown at 4.40am.
12.55 PM **Flushed Away** Animation. (2006, U, 85min) ★★★★
2.30 **Antz** Animated comedy. (1998, PG, 83min) ★★★
4.00 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★

5.40 **The SpongeBob SquarePants Movie** Animated adventure. (2004, U, 87min) ★★★★
7.10 **Shark Tale** Animated comedy adventure featuring the voices of Will Smith and Robert De Niro. (2004, U, 90min) ★★★★
8.50 **Corpse Bride** Animated fantasy with the voices of Johnny Depp and Helena Bonham Carter. (2005, PG, 74min) ★★★★
10.15 **The Wild Thornberrys Movie** Animated family adventure. (2002, U, 85min) ★★★★

11.45 **Mr Peabody & Sherman** Animation. (2014, U) ★★★★
1.25 AM **Trolls** Animated musical. (2016, U, 92min) ★★★
3.05 **The SpongeBob SquarePants Movie** As shown at 5.40pm.
4.40 **to 6.20** AM **Dog Man** Animated comedy. (2025, U) ★★★★

Sky Cinema Greats

307 307 404 504 518

6.55 AM **The Day of the Jackal**
9.20 **Patriot Games** As 6.00pm.
11.25 **Dog Day Afternoon** Sidney Lumet's tragi-comic thriller. (1975, 15, 130min) ★★★★
1.40 PM **The Firm** Legal thriller. (1993, 15, 155min) ★★★
4.15 **Dirty Harry** Police thriller. (1971, 15, 103min) ★★★★★
6.00 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★

8.00 **The Fugitive** Action thriller starring Harrison Ford and Tommy Lee Jones. A wrongly convicted man escapes on the way to jail and goes in search of the real culprit while evading the forces of the law. (1993, 15, 128min) ★★★★★
10.10 **Fatal Attraction** Adrian Lyne's thriller about a married man whose one-night stand won't leave him alone. Stars Michael Douglas, Glenn Close and Anne Archer. (1987, 15, 120min) ★★★★

12.10 AM **Falling Down** Controversial drama starring Michael Douglas. (1993, 18, 115min) ★★★★
2.05 **The Day of the Jackal** Vintage thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
4.30 **The Cinema List: Sky Originals**
5.00 **to 7.40** AM **The Firm** As 1.40pm.

Disney+ Cinema

305 305

6.00 AM **Duck Tales the Movie: Treasure of the Lost Lamp** Animation. (1990, U) ★★★
7.20 **Monsters, Inc** Animation. (2001, U, 95min) ★★★★★
8.55 **A Bug's Life** Animated feature. (1998, U, 94min) ★★★★★
10.35 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★

12.55 PM **Frozen** Animated musical. (2013, PG, 108min) ★★★★
2.40 **Percy Jackson: Sea of Monsters** Fantasy sequel. (2013, PG) ★★★
4.30 **Aladdin** Animated fantasy. (1992, U, 90min) ★★★★★
6.05 **The Lion King** Animation. (2019, PG, 118min) ★★★
7.35 **The Haunted Mansion** Comedy. (2003, PG, 87min) ★★
9.00 **Cool Runnings** Comedy. (1993, PG, 99min) ★★★
10.40 **Bad Company** Comedy thriller. (2002, 12, 112min) ★★★

12.40 AM **Aliens Vs Predator – Requiem** Sci-fi action sequel. (2007, 15, 89min) ★★
2.25 **National Treasure** Adventure. (2004, PG, 131 min) ★★★★
4.35 **to 6.00** AM **The Wild** Animated comedy adventure. (2005, U, 82min) ★★

Movies 24

312 313 419

7.00 AM **Christmas Magic** Romantic drama. (2023, PG, 90min) ★★
9.00 **Christmas at the Catnip Cafe** Festive romantic drama. (2025, PG, 90min) ★★
11.00 **Christmas on Cherry Lane** Drama. (2023, PG, 90min) ★★
1.00 PM **A Very Vermont Christmas** Drama. (2024, PG, 88min) ★★
3.00 **The Christmas Brew** Romantic drama. (2024, PG, 89min) ★★

5.00 **The More the Merrier** Medical drama. (2025, PG, 90min) ★★
7.00 **Trivia at St Nick's** Festive comedy starring Tammin Sursok. (2024, PG, 84min) ★★
9.00 **A Make or Break Holiday** Drama starring Jennifer-Juniper Angeli. A couple on the brink of separation agree to pretend they are still together while hosting Christmas for their families. (2025, U, 89min) ★★
11.00 **Love at the Bootcamp** Drama. (2024, PG, 90min) ★★

1.00 AM **Three Wisest Men** Comedy drama. (2025, PG, 84min) ★★
3.00 **to 5.00** AM **Debbie Macomber's Joyful Mrs Miracle** Festive fantasy. (2024, PG, 84min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **The Vise** 15/39. (S1)
6.30 **Account Rendered** Mystery. (1957, b/w, PG, 59min) ★★★
7.45 **The Breaking Point** Spy thriller. (1960, b/w, U, 59min) ★★
8.55 **Do You Know This Voice?** Mystery. (1964, b/w, PG) ★★★
10.30 **Z Cars** 28/28. (S9)
11.30 **Star Performance** *The Deceiving Eye:* 1/25. (S1)
12.00 NOON **Railway Murders**

1.00 PM **Richard the Lionheart**
1.30 **The Spaniard's Curse** Chiller. (1958, b/w, U, 79min) ★★
3.00 **Look at Life**
3.15 **Assignment K** Spy thriller. (1967, U, 97min) ★★★
5.10 **Cinebox Memories**
5.15 **The Arsenal Stadium Mystery** Thriller starring Leslie Banks. (1939, b/w, PG, 85min) ★★★
7.00 **The Footage Detectives**
8.00 **Maigret** 1/3. (S3)
9.50 **Lost Command** Wartime drama. (1966, 15, 130min) ★★

12.25 AM **The Lawless Years** (S1)
12.55 **Murder in Maussane** Crime thriller. (2017, 15, 90min) ★★★
2.55 **The Devil's Hand** Horror thriller. (1962, b/w, 12, 71 min) ★
4.25 **Cinebox Memories**
4.30 **The Veil** 1/12. (S1)
5.00 **to 6.00** AM **The Rogues**

MONDAY Sport

27 July

Monday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports News**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk** Sports news.
3.00 LIVE **The Hundred** Southern Brave v MI London. The women's game at Utilita Bowl, Southampton. Start-time **3.00pm**.
6.00 LIVE **The Hundred** Southern Brave v MI London. All the action from the men's match at Utilita Bowl, Southampton. Start-time **6.30pm**.
9.30 **Sports Centre** Sports news.
10.00 **Sky Sports News at Ten**
11.00 LIVE **WTA & ATP Tennis** Coverage of day one of the Washington DC Open, a hard-court tournament held at William H.G. FitzGerald Tennis Center in the USA. Cameron Norrie came out on top in an all-British contest against Billy Harris in the first round of last year's competition, with a 6-3, 7-6 victory seeing him progress to the second round.
2.00 AM LIVE **WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Best Goals**
8.00 **Premier League 100 Club** The best of Robbie Fowler's 162 Premier League goals. **8.30** A look at some of Thierry Henry's 175 goals for Arsenal.
9.00 **Netbusters** Fast-paced Premier League highlights, featuring every goal from every game.
6.30 PM **Premier League Stories**
7.00 **Premier League Review** A look at some of the finest strikes of the 2025/26 campaign. **8.00** A review of the 2025/26 Premier League campaign.
10.00 **Premier League Stories** The story of the Singh brothers, Manchester United fans who have followed the club through every twist of its Premier League journey.
10.30 **Transfer 360** The story of Jurgen Klinsmann's move to Spurs.
11.00 **Premier League Years** Action from the 2015/16 season.
1.00 AM **PL Retro** Bolton Wanderers v Chelsea in the 2004/05 season.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **to 6.00** AM **Best Premier League Goals: Freekicks**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL** Play-off finals.
9.00 **SPFL Highlights** Celtic v Rangers.
9.30 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Best Goals: EFL Cup 2022/23**
11.30 **EFL Trophy** Action from Bolton Wanderers v Plymouth Argyle.
12.00 NOON **EFL** Play-off finals.
3.00 PM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Retro** Manchester City v Sunderland in the 2014 final.
6.00 **How the Scottish Premiership Was Won 2025/26**
7.30 **Best Scottish Premiership Goals 2025/26** The finest strikes.
8.00 **There's Only One Sauzee**
8.30 **Craig Brown: My Scotland**
9.00 **John Robertson: Hammer of Hibs** A look at the former player's 27 Edinburgh derby goals.
9.30 **Edinburgh Derby Best Goals**
10.00 **SPFL Greatest Games**
11.00 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro** Liverpool v Cardiff City in the 2012 final.
2.45 AM **EFL Greatest Games**
3.00 **SPFL Greatest Games**
3.30 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **SPFL Greatest Games**
5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred**
1.30 PM **The Hundred Bitesize**
2.45 LIVE **The Hundred** Southern Brave v MI London. The women's match from Utilita Bowl, Southampton. The hosts won this meeting last year thanks to a resounding 89-run victory on this ground. Start-time **3.00pm**.
6.00 LIVE **The Hundred** Southern Brave v MI London. The men's match from Utilita Bowl, Southampton. The visitors won this meeting last year at this venue thanks to a seven-wicket victory. The hosts were bowled out for just 133 with two balls to spare with Rashid Khan taking 3-20, before Jordan Cox led the way for the visitors as they chased down their target with 11 balls remaining. Start-time **6.30pm**.
9.30 **The Hundred Bitesize**
10.00 **The Hundred** Another chance to see Southern Brave v MI London.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** Another chance to see Southern Brave v MI London.
5.15 **Best of ICC WT20**
5.45 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Chronicles of a Champion Golfer** Profiles of leading players.
7.00 **Ladies European Tour Golf**
11.00 **European Seniors Golf**
2.00 PM **PGA Tour Golf**
6.00 **HotelPlanner Tour Golf**
6.30 **DP World Tour Golf**
7.00 **PGA Tour Golf** The 3M Open.
8.00 **Legends Tour Golf** Action from the OFX Irish Legends.
9.00 **European Seniors Golf**
10.00 **PGA Tour Golf** The 3M Open.
11.00 **PGA Tour Champions**
12.00 M'T **Justin Rose: Chasing Forever** The career of the golfer.
1.00 AM **PGA Tour Golf**
2.00 **How the 2006 Ryder Cup Was Won** From Ireland.
5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA All Access**
6.30 **ATP Tour This Week**
7.00 **ATP Tennis** Estoril Open final.
9.00 **WTA Tennis** Recent highlights.
1.00 PM **ATP Tennis** Los Cabos Open.
2.00 **WTA & ATP Tennis**
4.00 LIVE **WTA & ATP Tennis** Day one of the Washington DC Open, a hard-court tournament held at William H.G. FitzGerald Tennis Center in the USA.
2.00 AM LIVE **WTA & ATP Tennis** Coverage from the latest events on the Tours, including the WTA and ATP Washington DC Open, and the ATP Los Cabos Open.
3.00 **to 6.00** AM LIVE **ATP Tennis** Day one of the Los Cabos Open, a hard-court tournament from Cabo Sports Complex in Mexico.

TNT Sports 1

410 413 521 408 430

6.00 AM **Women's Cycling Pro Series**
7.00 LIVE **Snooker** Coverage of the latest tournament.
10.30 **Tour de France Men Highlights**
11.30 **MLB Highlights**
12.30 PM LIVE **Snooker** Coverage of the latest tournament.
4.00 **UCI Mountain Bike World Series Review** From Switzerland.
4.30 **Tour de France Men Highlights**
5.30 **Women's Cycling Pro Series**
6.30 **MLB Highlights**
7.30 LIVE **MLB** Texas Rangers v Seattle Mariners. Coverage of the American League match at Globe Life Field. Start-time is at **7.35pm**.
10.30 **NWSL** Highlights from Portland Thorns v Gotham FC. **11.30** Action from San Diego Wave FC v Seattle Reign.
12.30 AM LIVE **MLB** St Louis Cardinals v Chicago Cubs. Coverage of the National League match staged at Busch Stadium, as the two teams meet in the first game of a four-match series. Start-time **12.45am**.
3.30 **UCI Mountain Bike World Series Review** From Switzerland.
4.00 **to 6.00** AM LIVE **Snooker**

TNT Sports 2

411 414 522 409 431

6.00 AM **Commonwealth Games**
8.30 LIVE **Commonwealth Games** Coverage from the day session on day four in Glasgow. Events taking place today include the men's singles and women's pairs in the bowls and para bowls, the men's 71kg final in the weightlifting, the heats for the men's 200m butterfly and the women's 400m individual medley, and England v Malaysia in the men's basketball.
6.00 PM LIVE **Commonwealth Games** The night session on day four of the Games in Glasgow.
10.30 **Commonwealth Games – Daily Highlights**
11.30 **Commonwealth Games – Netball** England v Malawi.
12.00 M'T **Commonwealth Games – Artistic Gymnastics**
1.00 AM **Commonwealth Games – Swimming & Para Swimming**
2.00 **Commonwealth Games – Athletics & Para Athletics**
3.00 **Commonwealth Games – Daily Highlights**
4.00 **Commonwealth Games – Artistic Gymnastics**
5.00 **to 6.00** AM **Commonwealth Games**

Sky Sports Action

412 410 510 426 446

6.00 AM **NFL Highlights**
8.00 **Women's World Matchplay Darts** Action from Blackpool.
12.00 NOON **Super League Highlights**
12.30 PM **NFL Bitesize Highlights**
12.45 **Super Bowl LX Bitesize**
1.00 **Good Morning Football**
3.00 **World Matchplay Darts**
5.30 **NFL Bitesize Highlights**
5.45 **Super Bowl LX Bitesize Highlights** Seattle Seahawks New England Patriots.
6.00 **NBC's Pro-Football Talk**
8.00 **World Matchplay Darts** Action from the final staged at Winter Gardens in Blackpool.
10.30 **NFL Bitesize Highlights** New England Patriots v New York Jets from the 2025/26 season.
10.45 **Super League Highlights** Hull Kingston Rovers v Leeds Rhinos.
11.00 **NFL Highlights** Carolina Panthers v Seattle Seahawks from the 2025/26 season.
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super League Highlights**
2.00 **Super League** Castleford Tigers v Hull Kingston Rovers held at Mend-a-Hose Jungle from 2025.
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.00 **Premier League Darts** A chance to see night 14 in Leeds.
12.00 NOON **WTA Tennis** Action from the Madrid Open women's final.
1.00 PM **ATP Tennis** Action from the Madrid Open men's final.
2.00 **HotelPlanner Tour Golf Highlights** Action from the NTT DATA Pro-Am, Jonsson Workwear Open Italian Challenge Open and Challenge de Catalunya.
4.00 LIVE **WTA & ATP Tennis** Coverage of the opening day of the Washington DC Open staged at William H.G. FitzGerald Tennis Center in the USA. Cameron Norrie came out on top in an all-British contest against Billy Harris in the first round of last year's competition, with a 6-3, 7-6 victory seeing him progress to the second round. His compatriot Dan Evans gained a wild card entry to the event and made the most of it as he booked his place in round two with 3-6 6-4 6-3 win over Belgium's Zizou Bergs.
4.00 AM **Formula 1** Belgian Grand Prix.
5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **Formula 1** Hungarian Grand Prix.
8.00 **ATP Tennis** Estoril Open final.
9.00 **WTA Tennis** Hamburg Open final.
11.00 **NBA Basketball**
1.00 PM **ATP Tennis** Estoril Open final.
2.00 **PL Greatest Games**
3.00 **Super League**
5.45 **Women's State of Origin**
6.00 **ATP Tennis** Estoril Open final.
7.00 **WTA Tennis** The Prague Open and Hamburg Open finals.
9.00 **ATP Tennis** Estoril Open final.
11.00 **Formula 1** The Hungarian Grand Prix at Hungaroring in Mogyoród.
12.00 M'T **EFL Greatest Games**
1.00 AM **NBA Basketball**
3.15 **PL Greatest Games**
4.00 **to 6.00** AM **WTA Tennis**

TNT Sports 3

413 415 523 410 432

6.00 AM **UEFA Champions League**
7.00 **LIV Golf** Action from Uttoxeter.
8.30 **Test Cricket Highlights**
9.30 **A-Z: Commonwealth Games**
9.45 LIVE **Commonwealth Games – Athletics & Para Athletics** The first session on the fourth day of the Games in Glasgow.
1.30 PM LIVE **Commonwealth Games – Artistic Gymnastics** The seventh session on the fourth day of the Games in Glasgow.
5.30 **A-Z: Commonwealth Games**
6.00 LIVE **Ultimate Pool** Coverage of the Group Seven games in the Champions League tournament.
9.30 **Fishing: On the Bank**
10.30 **The Gruppetto** Cycling news.
10.45 LIVE **Snooker** Coverage from the latest tournament.
12.45 AM **The Gruppetto**
1.00 **Tour de France Men Highlights**
2.00 **Formula E Highlights**
4.00 **The WRC Magazine**
4.30 **to 6.00** AM **LIV Golf**

TNT Sports 4

414 416 524 411 434

6.00 AM **Premier League Legends**
7.00 **The WRC Magazine**
7.30 **TCR World Tour Review**
8.00 **British Superbikes Highlights**
9.00 **ABB FIA Formula E World Championship Highlights**
11.00 LIVE **Fencing World Championship** Coverage from the third day of the event staged at AsiaWorld-Expo in Hong Kong.
1.15 PM **TNT Sports Cricket Reload**
1.30 **Test Cricket Highlights**
2.30 LIVE **Test Cricket** West Indies v Pakistan. Coverage of the third day of the first Test in the two-match series, staged at Brian Lara Cricket Academy in Trinidad and Tobago.
11.00 **AFL** A chance to see Brisbane Lions v Port Adelaide Power. **12.30** AM North Melbourne Kangaroos v St Kilda Saints.
2.00 **Fishing: On the Bank**
3.00 **British Superbikes Highlights**
4.00 **to 6.00** AM **NWSL**

Premier Sports 1

419 APP 528

6.00 AM **Mass Participation**
6.30 **World of FreeSports**
7.00 **Sporting Countdowns**
8.00 **Football** A chance to see Bayer Leverkusen v Offenbacher.
10.00 **Premier Sports Cup**
12.00 NOON **World of FreeSports**
12.30 PM **DTM Motorsport Highlights** Action from the first and second races from Oschersleben.
4.00 **FIM Sidecarcross Championship** The Grand Prix of Germany.
5.00 **Rugby Junior World Championships** A chance to see the third/fourth place play-off.
7.00 **Football's Greatest**
7.30 **Argentine Primera** A replay of Deportivo Riestra v Boca Juniors.
9.30 **LaLiga** Barcelona v Real Madrid.
11.30 **Eredivisie Highlights**
12.30 AM **Sporting Countdowns**
1.00 **Football** Pre-season friendlies.
5.00 **World of FreeSports**
5.30 **to 6.00** AM **Sporting Countdowns**

Premier Sports 2

420 APP 529

6.00 AM **MotorSport** A look back at the career of Valentino Rossi.
6.30 **NASCAR** Another chance to see the Brickyard 400.
10.30 **Bike World** Magazine.
11.00 **NASCAR O'Reilly Series** Action from Indianapolis Motor Speedway.
2.00 PM **Temples of Sport**
2.30 **Football** Another chance to see Eintracht Frankfurt v Trabzonspor.
4.30 **German Cup** Bayern Munich v VfB Stuttgart in this year's final.
6.30 **Football's Greatest**
7.00 **Top 14 Rugby Union** Toulouse v Montpellier in the final.
9.00 **Rugby Junior World Championships** Another chance to see a fifteenth-place play-off.
11.00 **Champions Cup Show** A look back at this year's final.
11.30 **Brasileiro Serie A** A chance to see Cruzeiro v Botafogo.
1.30 AM **GP Insights** News from the world of the Grand Prix circuit.
2.00 **to 6.00** AM **NASCAR**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Hungarian GP.
10.30 **The Cornwall Air Ambulance**
10.45 **Ollie Bearman Drives Ayrton Senna's Lotus**
11.00 **Formula 1** Hungarian Grand Prix.
1.30 PM **The F1 Show**
2.30 **Formula 1** Action from Hungary.
3.45 **The Cornwall Air Ambulance**
4.00 **Formula 1** Hungarian Grand Prix.
6.00 **Ted's Notebook**
6.30 **Red Bull Factory Tour**
6.40 **Lewis Hamilton Ferrari Story**
6.50 **Arvid Linblad IV**
7.00 **Formula 1** Action from Hungary.
9.15 **Ted's Notebook**
9.45 **Ollie Bearman Drives Ayrton Senna's Lotus**
10.00 **Formula 1** Hungarian Grand Prix.
11.00 **Ted's Notebook**
11.30 **Formula 2** Action from Hungary.
12.50 AM **Lewis Hamilton Ferrari Story**
1.00 **The Best of F1**
3.00 **F1 Explained**
4.00 **The Best of Australia & China**
5.00 **to 6.00** AM **F1 Explained**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

28 July

Planner

Gomorrah: The Origins

DRAMA Sky Atlantic, 9pm & 10.05pm (box set, Sky Box Sets)

This spin-off prequel to Italian drama *Gomorrah* is set in Naples, 1977, where 15-year-old Pietro Savastano (Luca Lubrano, centre) – the future Camorra crime boss – is being raised in poverty.

Best Medicine

COMEDY DRAMA Sky One, 8pm

Looking at this picture, you could be forgiven for thinking Doc Martin had blindly trusted his satnav and ended up in Port Wenn, Maine, instead of Portwenn, Cornwall. Alas, no – instead, Martin Clunes (right) guest stars in tonight's episode as Martin's father Robert, who makes a surprise visit to town.

Commonwealth Games

ATHLETICS BBC Alba, TNT Sports & HBO Max

All eyes will be on the Scotstoun Stadium as Katarina Johnson-Thompson starts her efforts in the heptathlon, while Louie Hinchliffe will be sprinting for England in the men's 100m.

The Vampire Lestat: Interview with the Vampire

HORROR BBC2, 9pm (box set, BBC iPlayer)

Based on Anne Rice's gothic horror novels, this third season sees Lestat (Sam Reid) hijack the narrative to recount his days as a glam-rock star.

Tuesday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 The Great British Sewing Bee		9.00 Murder 24/7		10.00 News; Local News	
	102 BBC2	7.00 Rick Stein's Food Stories		8.00 Amazing Hotels: Life Beyond the Lobby		9.00 The Vampire Lestat...	9.45 Live at the Apollo		10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Inside the...	8.00 Emmerdale	8.30 Coronation...	9.00 Cold Case Forensics: The Death of...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Hotel Chocolat Unwrapped		9.00 The Undeclared War		10.00 Gogglebox	
	105 5	7.00 The Yorkshire Vet: At Home with the...		8.00 Inside Longleat		9.00 The Crow Girl		10.00 Commonwealth Games	
	106 SKY ONE	7.00 The Simpsons		8.00 Best Medicine		9.00 Never Mind the Buzzcocks		10.00 The 'Burbs	
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Top Gear		9.00 Shabaz Asks: Are Billionaires...	9.50 Good Bad Billionaire		
	116 BBC4	7.00 Great British...	7.30 Walking with...	8.00 Keeping Up...	8.30 One Foot in...	9.00 She-Wolves: England's Early Queens		10.00 Castles: Britain's Fortified History	
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 The Princess Diaries		10.00 Love Island...	10.30 Family Guy
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 Oti and Richard's South African Odyssey		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck Down Under		9.00 Gogglebox		10.00 First Dates	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Irish Blood		10.00 Blue Bloods	
	108 SKY ATLANTIC	‹ 6.45 The Gilded Age				9.00 Gomorrah: The Origins			
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Fawlty Towers	9.40 Porridge		10.20 Not Going Out
	111 U&DAVE	7.00 Mortimer &...	7.40 Would I Lie to You?			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Grantchester	
	120 ITV4	7.00 Formula E Highlights		8.00 King of the Roads		9.00 Ice Road Truckers		10.00 Wrestling: AEW Collision	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Jerry Maguire			
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Resident Alien		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 'Allo 'Allo!			9.40 New Tricks		
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise		9.00 Allegiance		10.00 The Hunting Party	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 The World in a Painting: Caravaggio's Comb			9.15 Beyond the Brush		10.15 Wonderland: Gothic
	132 U&W	7.00 DIY SOS: Million Pound Build for...		8.00 999 Rescue Squad		9.00 Prison Wives of TikTok			
DOCUMENTARY	125 DISCOVERY	7.00 Last Chance Garage				9.00 Deadliest Catch		10.00 The Last Woodsmen	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Mega Marine Machines		9.00 Construction Fails		10.00 Disaster Autopsy	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Hitler's Engineers		9.00 World War II with Tom Hanks			
	155 U&YESTERDAY	7.00 Asia		8.00 Bangers & Cash: Restoring Classics		9.00 Bangers & Cash		10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	‹ 6.00 I Am Paul Walker		8.00 Murder at the Cottage				10.00 I Am Patrick Swayze	

‹ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **Trace, Track, Get My Car Back** Tracking a stolen Audi. (S)(R)
10.45 **Expert Witness** (S)(R)
11.15 **Homes Under the Hammer** New edition From Dorset. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition Transforming a coffee table and a collection of old frames. (S)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** (S)(R)
4.30 **The Travelling Auctioneers** Helping a widow in Edinburgh. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 The Great British Sewing Bee

7 PM

7.00 **The One Show** Alex Jones and Vernon Kay present the topical show. (S)
7.30 **EastEnders** Sheila is left shaken after a visit with Gray, while tensions continue to rise between George and Nicola. (S)(AD)

8 PM

8.00 **The Great British Sewing Bee** New edition 3/10. The amateur sewers face Reduce, Reuse, Recycle Week, turning old T-shirts into underwear and using waste items to decorate their transformations. (S)(AD)

9 PM

9.00 **Murder 24/7** New edition 3/8. A look at how five men were convicted of the murder of 23-year-old Aurman Singh, a DPD driver who was ambushed and killed in Shrewsbury. (S)(AD)
■ Continues tomorrow

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM Blinded by the Light** Coming-of-age drama starring Viveik Kalra. A British-Pakistani college student living in 1980s Bedfordshire learns to live his life, understand his family and find his own voice through the music of Bruce Springsteen. With Kulvinder Ghir, Meera Ganatra and Nell Williams. (S) (2019, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.30 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.35 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Bargain Hunt** (S)(R)
7.15 **Animal Park** (S)(R)(AD)
8.00 **Sign Zone: The Great British Sewing Bee** (S)(R)(AD)
9.00 **BBC News** (S)
1.00 PM **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Game show. (S)(R)
2.15 **Lightning** Quick-fire quiz. (S)(R)
2.45 **The Hairy Bikers' Bakeation** (S)(R)
3.45 **The Farmers' Country Showdown** From Abergavenny. (S)(R)
4.15 **Earth from Space** The Amazon River and Brazilian lagoons. (S)(R)
5.15 **Flog It!** From Dorset. (S)(R)
6.00 **Richard Osman's House of Games** Guests Karen Hauer, Storm Huntley, Joe Marler and Tom Read Wilson take part. (S)(R)
6.30 **Just One Thing** How sunlight can improve heart health. (S)(R)(AD)

9.00 The Vampire Lestat

7.00 **Rick Stein's Food Stories** Rick meets a foraging chef and a sheep farmer in the Lake District, then heads to Yorkshire to discover the story of the Yorkshire pudding and visit the UK's biggest tofu factory. (S)(R)

8.00 **Amazing Hotels: Life Beyond the Lobby** Rob Rinder and Monica Galetti work at the luxury Six Senses Ibiza on the island's north coast, where cutting edge 'biohacking' therapies are offered alongside cacao ceremonies. (S)(R)(AD)

9.00 **NEW SERIES** **The Vampire Lestat: Interview with the Vampire** *Detroit:* 1/7. Gothic horror with Jacob Anderson. (S3) (S)(AD)
■ Entire series on BBC iPlayer
9.45 **Live at the Apollo** Jamali Maddix comperes the comedy show at London's Hammersmith Apollo, warming up the audience before introducing routines by Fern Brady and Sindhu Vee. (S)(R)
10.30 **Newsnight** (S)
11.05 **FILM PREMIERE** **The New Boy** Australian drama following an Aboriginal orphan boy as he arrives at a remote monastery. Stars Cate Blanchett, Aswan Reid and Deborah Mailman. (S) (2023, 12, 90min) ★★★ *See review, page 26.*
12.35 AM **Sign Zone: Natalie Cassidy: Caring Together** (S)(R)(AD)
1.05 **Sign Zone: Bergerac** (S)(R)(AD)
1.55 **Sign Zone: Do You Know Your Place?** From Bamburgh. (S)(R)
2.25 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
1.00 PM **ITV News** (S)
1.20 **Local News** (S)
1.30 **LIVE Racing: Glorious Goodwood** Ed Chamberlin and Francesca Cumani present coverage of day one of the meeting, including feature race the Goodwood Cup, and four more supporting races. (S)
4.30 **Tipping Point: Best Ever Finals** A look back at dramatic endgames from the arcade-themed game show hosted by Ben Shephard, as players take on the machine for its £10,000 jackpot. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

1.30 Racing: Glorious Goodwood

7.30 **Inside the Langham: Britain's First Grand Hotel** New edition 2/6. Wedding planner Meri pulls out all the stops to deliver an exclusive ceremony, while managing director Stefan gathers staff to announce major news. (S)(AD)

8.00 **Emmerdale** Graham goes snooping around the depot, and Billy and Dawn bond. (S)(AD)
8.30 **Coronation Street** David and Shona confront Jodie about her trinket box, while Idris delivers a shock to Alya. (S)(AD)

9.00 **NEW SERIES** **Cold Case Forensics: The Death of God's Banker** 1/3. A look into the death of Italian banker Roberto Calvi, whose body was found hanging under Blackfriars Bridge in London in 1982. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Bad Boys** Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. With Téa Leoni and Tcheky Karyo. (S)(AD) (1995, 15, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.00 AM **Teleshopping**
3.00 **The Staircase** 2/8. Michael's children grapple with some shocking new information about their father. (S1) (S)(SL)(R)(AD)
4.05 **Unwind with ITV** (S)
5.10 **to 6.00** AM **Dickinson's Real Deal** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 20-22/28. (S11) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 1-4/24. (S3) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New Orleans. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Narrow Escapes** In London, Shannon investigates a filtration system to give her a constant supply of running water. (S)(R)(AD)
5.00 **Chateau DIY** Tim and Rebecca host their first floral retreat at Château de la Ruche. (S)(R)(AD)
6.00 **American Pickers** New edition Mike Wolfe and Frank Fritz put thousands on the line to strike a deal with a negotiator. (S)(AD)

8.00 Hotel Chocolat Unwrapped

7.00 **News** (S)

8.00 **NEW SERIES** **Hotel Chocolat Unwrapped** Behind the scenes at the chocolatier as the company moves into the bakery business, and the Chocmobile crew tours the summer festivals. (S)(AD)

9.00 **The Undeclared War** New episode 3/6. Barbara crosses paths with her ex Nicky Chan – first in 2014 in Hong Kong on an MI6 mission, and again in 2022, when he turns up in London. (S2) (S)(AD)
■ Continues tomorrow

10.00 **Gogglebox** The armchair critics share their opinions on *The Celebrity Traitors, Trigger Point, Michael McIntyre's The Wheel, The Great British Bake Off, Love Is Blind* and *DIY SOS.* (S)(R)(AD)
11.05 **First Dates** (S)(R)(AD)
12.05 AM **Naked Attraction** (S)(R)(AD)
1.05 **Ramsay's Kitchen Nightmares USA** From California. (S)(R)
1.55 **The Piano** (S)(SL)(R)(AD)
2.50 **FILM** **American Refugee** Dystopian horror starring Erika Alexander. (S) (2021, 15, 95min) ★★★
4.25 **Couples Come Dine with Me** (R)
5.15 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.20 **FILM Mystery of the Dead Nanny** Thriller starring Nicolette Langley and Matthew Pohlkamp. (S) (2022, 12, 100min) ★★
4.00 **Castle** *Once Upon a Time in the West:* 7/23. Beckett and Castle go undercover at an Old West-style resort. (S7) (S)(R)
4.55 **Love Nature** The work of Feed the Birds, a Shropshire charity combating loneliness. (S)(R)
5.00 **News** (S)
6.00 **Malta: The Jewel of the Med** 1/4. A tour of the popular Mediterranean island. (S)(R)
6.55 **News** (S)

9.00 The Crow Girl

7.00 The Yorkshire Vet: At Home with the Greens 1/4. Documentary following two of Britain's oldest working farmers, Steve and Jean Green. (S)(R)
7.55 **News** (S)

8.00 Inside Longleat
New edition In the historic Secret Garden, the team move a bronze sculpture by rock star Ronnie Wood into prime position. Plus, there's a special party for long-serving senior keeper Ian Turner. (S)

9.00 The Crow Girl
New episode *She Shoots for the King:* 5/6. As Jeanette and Sophia dig into Victoria's past, their relationship grows closer. Victoria and Madeleine hatch a plan (S1) (S)(AD)
■ Concludes tomorrow

10.00 Commonwealth Games
A look back at highlights from the fifth day in Glasgow, which included the men's and women's 100m finals at Scotstoun Stadium and the penultimate day of swimming and para swimming. (S)

11.05 **Accused: Guilty or Innocent?** Double bill of editions. (S)(R)
12.55 AM **Entertainment News** (S)
1.00 **Teleshopping** (S)(R)
2.00 **Building the Impossible with Rob Bell** Boston Light. (S)(R)
2.50 **Malta: The Jewel of the Med** A look around Valletta. (S)(R)
3.45 **Friends** (S8) (S)(R)(AD)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S5) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S10) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Big Cat Country** (S)(R)
1.00 PM **Hawaii Five-0** (S6) (S)(R)
3.00 **S.W.A.T.** (S8) (S)(R)(AD)
5.00 **The Simpsons** *Homer Simpson in Kidney Trouble:* Homer offers to donate one of his kidneys to Grampa. (S)(R)
5.30 *The Wizard of Evergreen Terrace:* Homer decides to become an inventor. (S)(R)
6.00 **Animal Control** 9/9. Frank's investigation reaches a thrilling conclusion. (S2) (R)
6.30 1/10. Patel's gorilla rescue goes viral. (S3) (S)(R)

8.00 Best Medicine

7.00 The Simpsons
Mayored to the Mob: Homer is appointed bodyguard to Mayor Quimby. (S)(R)
7.30 *Viva Ned Flanders:* Homer takes Ned Flanders to Las Vegas, where they go on a drunken binge. (S)(R)

8.00 Best Medicine
New episode *Doc Martin:* 9/13. When Martin's parents pay a visit, he suspects his father Robert is experiencing a serious health condition. Guest stars Martin Clunes. *See feature, page12.* (S1) (S)

9.00 Never Mind the Buzzcocks
A 1980s-themed edition, with Martin Fry, Debbie Gibson and Judi Love joining guest team captains Pepsi & Shirlie and Noel Fielding and Jamali Maddix. (S)(R)(AD)

10.00 The 'Burbs
The Goddamn Brownies: 1/8. Comedy starring Keke Palmer and Jack Whitehall. A couple move back to the husband's childhood home, only to uncover dark secrets. (S1) (S)(R)(AD)

11.00 **Animal Control** (S2&3) (R)
12.00 M'T **Grimm** 22/22. Part two of two. Black Claw makes a strategic move against Hank that shocks everyone and sends Nick on a warpath, threatening a deadly showdown. (S5) (S)(R)
1.00 AM **The Force: Manchester** Following the work of Greater Manchester Police. (S)(R)
2.00 **Road Wars** (S)(R)
3.00 **Hawaii Five-0** (S6) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City: Drama. (S)(R)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm House of the Year (S)(R) **11.10** FILM Blinded by the Light (S) (2019, 12, 110min) ★★★ **1.00-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
9.45pm If Walls Could Talk (S)(R) **10.00-10.30pm** Paula McIntyre's Hamely Kitchen USA (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Codi Pac **12.30** Heno **1.00** Eigra **1.30** Arfordir Cymru: Sir Benfro (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Gwesty Aduniad **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Ci Perffaith **6.30** Pobol y Cwm (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Gemau'r Gymanwlad New edition **10.30-11.35pm** Y Fets (AD)

TV&Streaming week
New issue on sale today

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Examining how animals protect themselves. **7.35** Creatures that failed to make Steve Backshall's list.
8.00 **Top Gear** Chris Harris and Matt LeBlanc race across the Arabian peninsula.
9.00 NEW **Shabaz Asks: Are Billionaires Bad?** The broadcaster puts his feelings about the super-rich to the test.
9.50 NEW SERIES **Good Bad Billionaire** 1/5. How people made their fortune, beginning with Beyoncé. **10.35** New editions 2/5. A look at how Cristiano Ronaldo made his money. **11.20** 3/5. A look at how YouTube presenter MrBeast made his fortune.
12.10 AM **The Tech Billionaire Takeover** Documentary.
1.10 **OnlyFans: Inside the Machine** Documentary.
2.10 **Dating Apps: The Inside Story** Documentary.
3.10 **to 4.00** AM **Shabaz Asks: Are Billionaires Bad?**

MORE4

136/137 127 147 18 124 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest in Gloucestershire.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **George Clarke's Old House, New Home** In Manchester, George meets a family of five with a Victorian coach house, and also helps a young couple in Hove get to grips with a 16th-century gatehouse.
6.55 **Location, Location, Location** Kirstie Allsopp and Phil Spencer search west London with two couples.
7.55 **Grand Designs** Kevin McCloud follows a couple's project to transform a 1960s forester's lodge into a unique Japanese home.
9.00 **Oti and Richard's South African Odyssey** New edition 2/4. Oti and Richard explore the province of KwaZulu-Natal and the beach city of Durban, and meet a Zulu healer who says they have a message from Oti's late grandmother.
10.00 **24 Hours in A&E** A girl is treated after falling down a flight of stairs.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line**
1.15 **24 Hours in A&E**
3.25 **to 4.00** AM **A Place in the Sun**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Exploring Dundee.
7.30 **Walking with Monica Galetti** The landscapes of North York Moors.
8.00 **Keeping Up Appearances** Daddy has a yearning to join the Foreign Legion.
8.30 **One Foot in the Grave** Victor suffers a sleepless night – and ensures Margaret shares in his suffering.
9.00 **She-Wolves: England's Early Queens** 2/3. The lives of Isabella of France and Margaret of Anjou.
10.00 **Castles: Britain's Fortified History** 2/3. How Edward I turned the castle into an instrument of colonisation.
11.00 **Corridors of Power: Should America Police the World?** Documentary.
1.00 AM **She-Wolves: England's Early Queens**
2.00 **Castles: Britain's Fortified History**
3.00 **Great British Railway Journeys** As 7.00pm.
3.30 **to 4.00** AM **Walking with Monica Galetti**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** Guernsey and Alderney.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **America's Funniest Home Videos** Comical clips.
11.00 **Below Deck Down Under**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
6.30 **Hollyoaks**
7.00 **Hollyoaks** It's Leah and Imran's housewarming party.
7.30 **The Simpsons** *The Girl Code:* A female coder makes Lisa her protégée.
8.00 **Below Deck Down Under** New edition Chef Tzarina's new sous chef Anthony struggles with her unique leadership style.
9.00 **Gogglebox** The households' opinions on BBC News coverage of Partygate.
10.00 **First Dates** Self-titled alpha male Josh is keen to find his very own Kardashian.
11.05 **Naked Attraction**
12.10 AM **Gogglebox**
2.15 **Below Deck Down Under**
3.00 **Ramsay's Kitchen Nightmares USA**
3.50 **Abbott Elementary**
4.15 **The Simpsons**
4.40 **The Goldbergs**
5.05 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Tuesday primetime

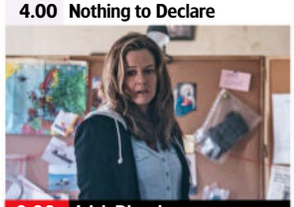
TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Brit Cops: Rapid Response**
10.00 **Stop, Search, Seize**
11.00 **Bull** 12/22. (S6)
12.00 NOON **FBI** 10&11/22. (S1)
2.00 PM **The Rookie** 21/22. Officer Nolan takes steps to become a training officer. (S4)
3.00 **Law & Order: Criminal Intent** 15/16. A popular model is killed in his apartment. Guest stars Roger Rees. (S8)
4.00 **Nothing to Declare**



9.00 Irish Blood

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Billions** 7&8/12. (S3)
10.10 **The White Lotus** (S2)
12.25 PM **Homicide: Life on the Street** 2&3/24. (S4)
2.15 **Billions** 7/12. Taylor questions Wendy's motivation. **3.20** 8/12. Chuck asserts his political autonomy. (S3)
4.25 **The White Lotus** 6/8. Laurie feels deceived by Jaclyn. **5.35** 7/8. Rick confronts his suspected nemesis. (S3)
6.45 **The Gilded Age** 4/8. Gladys' wedding is imminent. (S3)

9.00 Gomorrah: The Origins

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.30 **Dress to Impress**
8.25 **Olivia and Alex: Parenthood**
9.30 **The Only Way Is Essex**
10.30 **Real Housewives of Salt...**
11.20 **Real Housewives of Orange...**
12.15 PM **Dinner Date**
1.15 **Supermarket Sweep**
2.15 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** New edition
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

9.00 The Princess Diaries

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *With Baited Breath:* A fitness fanatic dies after being electrocuted.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *The Rivals:* Ventress probes a possible case of sabotage at the local carpet factory, while Vernon Scripps spies an opportunity.

10.00 Grantchester

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Dempsey and Makepeace**
9.10 **Boon**
10.15 **The Champions**
11.20 **Robin of Sherwood**
12.30 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.45 **Boon**
4.50 **The Champions** *Autokill:* Two Champions come to blows when Nemesis agents are programmed to kill their own.
5.55 **Minder** *The Beer Hunter:* An old army friend of Arthur goes missing after a night out.

12.30 Magnum, PI

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

7.55 The Gilded Age *A Different World:* 5/8. Larry runs into a familiar face, Gladys has trouble adjusting to her new circumstances, and Peggy gets an opportunity. (S3)

7.00 The Floor USA New edition A player loses their category without playing a duel.

6.55 Heartbeat *Home to Roost:* Hippies colonise Lawson's holiday cottages, causing much dissent among all the locals

7.00 Formula E Highlights Action from the Tokyo ePrix, the 14th and 15th rounds of the season, held at Tokyo Street Circuit.

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

8.00 Vera *Muddy Waters:* When a man's body is dredged up from a slurry pit on a remote farm, Vera must connect the dots between the victim and a wounded illegal immigrant who has been working there.

8.00 King of the Roads Action from the Skerries 100, a 100-mile road race in Ireland that attracts some of the best riders.

9 PM

9.00 Irish Blood *Machine:* 5/6. Fiona and Róisín uncover Declan's hidden hard drive. (S1)

9.00 NEW SERIES Gomorrah: The Origins 1/6. Italian crime drama prequel set in 1997 Naples, starring Luca Lubrano. Subtitled.

9.00 NEW SERIES The Princess Diaries Princess Andre is back and busier than ever, as she presents live on *This Morning*.

9.00 Ice Road Truckers Hugh and Rick take part in a convoy transporting prefabricated sections of a new airport building.

10 PM

10.00 Blue Bloods *Poetic Justice:* 8/21. Danny crosses paths with a criminal from a previous case while investigating a gang. (S13)
11.00 **The Rookie** 18/22. (S4)
12.00 M'T **FBI** 7&8/22. (S1)
2.00 AM **Fire Country** New episode 5/20. (S4)
3.00 **Road Wars**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Border Security: Canada's Front Line**

10.05 Gomorrah: The Origins New episode 2/6. Angelo receives an invitation. *See feature, page 6.* (S1)
■ Entire series on Box Sets
11.05 **Prisoner** 5/6. Amber turns to Tibor for help as a wider threat begins to emerge. (S1)
12.05 AM **The White Lotus** (S3)
2.35 **Billions** 5/12. (S3)
3.40 **Urban Secrets**
4.35 **Sort Of** 4/8. (S2)
5.05 **to 6.00** AM **Urban Secrets**

10.00 Love Island: The Debrief Series finale Daily *Love Island* reactions.
10.30 Family Guy 2/12. Stewie interferes with Brian and Jillian's relationship. (S6)
11.00 **Family Guy** 7/18. (S5)
11.30 **American Dad!** (S16)
12.35 AM **Bob's Burgers** (S14)
1.30 **Plebs** 7/8. (S2)
1.55 **Deep Fake Neighbour Wars**
2.25 **to 3.00** AM **Unwind with ITV**

10.00 Grantchester 1/6. Sidney receives anonymous phone calls and realises they may be linked to the murders of important community figures. (S3)
11.00 **Grantchester** 2/6. A village cricket match results in murder after an incident with contaminated beer. (S3)
11.50 **Trial & Retribution** 1/2. (S9)
1.25 AM **Wycliffe** 1/9. (S4)
2.25 **to 2.30** AM **Unwind with ITV**

10.00 Wrestling: AEW Collision Hard-hitting action, featuring stars including FTR, Thunder Rosa and Jon Moxley.
12.00 M'T **Dark Side of the Ring** The legacy of one of wrestling's first female stars, The Fabulous Moolah, is re-examined.
12.55 AM **Minder**
1.50 **BattleBots**
2.40 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 207 310 | +1 hour 208/209 | +1 hour 218 315 29 114 254 | +1 hour 219 317 116 | +1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **My Kind of Town** Ian Hamilton explores the royal burgh of Wick.
8.00 **This Farming Life** The Thomsons must agree succession plans as Derek retires.
9.00 **The Beauty Queen and the Catfish** 1/3. A nurse who targeted, harassed, stalked and exploited hundreds of women. **9.45** 2/3. Abbie Draper takes her findings to the police, but they are unable to do anything. **10.30** 3/3. The victims finally have justice, but are still left urgently searching for answers.
11.15 PM **to 12.00** M'T **Kyle Falconer: Love & Chaos** Documentary about the relationship between The View frontman and his fiancée Laura Wilde.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Sort Of** 3&4/8. (S1)
10.00 **I Love LA** 5&6/8. (S1)
11.15 **Will & Grace** (S6)
12.15 PM **Avenue 5** (S1)
1.30 **I Love LA** 5&6/8. (S1)
2.45 **Will & Grace** (S6)
3.45 **Hacks** 6&7/10. (S4)
5.00 **Community** (S1)
6.00 **Will & Grace** (S6)
7.00 **The Office (US)** 5/19. The staff prepare for the launch party for the conmpany's new website. **7.30** 6/19. Dwight and Michael kidnap a pizza delivery boy. (S4)
8.00 **Hitmen** 3&4/6. (S1)
9.00 FILM **Bill & Ted's Excellent Adventure** Cult fantasy comedy starring Keanu Reeves and Alex Winter. (1988, PG, 87min) ★★★★
10.45 **Hacks** 6&7/10. (S4)
12.05 AM **Hitmen** (S1)
1.05 **Community** (S1)
2.05 **I Love LA** 2&3/8.
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Classic FM's Rising Stars** Double bill.
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **The Movies**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **The Seventies**
4.00 **Discovering**
5.00 **Portrait Artist 2021**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **The World in a Painting: Caravaggio's Comb** Trade routes through the lens of the artwork.
9.15 **Beyond the Brush**
10.15 **Wonderland: Gothic**
11.15 **Douglas Adams: The Man Who Imagined Our Future** Documentary.
12.45 AM **Miyazaki: Spirit of Nature** Documentary.
2.20 **Cover Your Ears**
4.10 **The Art of the Garden**
5.00 **to 6.00** AM **The Movies**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: Canada's Front Line**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 18/26. (S5)
5.00 **Stargate SG-1** (S8)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** *The Nth Degree:* 19/26. A crew member becomes super-intelligent. (S4)
8.00 **Police 24/7**
9.00 **FBI: International** (S2)
11.00 **Star Trek: Enterprise**
12.00 M'T **Fantasy Island** (S1)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Warwick Davis hosts as a team of five friends take part.
3.00 **Who Wants to Be a Millionaire?** Game show where contestants compete for a top prize of one million pounds.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show.
9.00 **Wheel of Fortune** Graham Norton hosts the game show.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** A team of five friends take part.
1.50 **Riddiculous** Quiz.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Grand Designs**
8.00 **The Dog House** A lively French bulldog meets drag queen John and partner Sammy.
9.00 **24 Hours in A&E** A 23-year-old woman has had a riding accident.
10.00 **Secret Lives of Gypsy Wives** Tina is heartbroken by an unaffordable vet bill.
11.00 **Murder Case: The Digital Detectives**
12.05 AM **Crime Scene Cleaners** Documentary.
1.05 **Surgery Secrets of the Super Rich**
2.05 **Celebrity Gogglebox**
3.10 **Gogglebox**
4.05 **to 5.00** AM **Dover 24/7: Britain's Busiest Port**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 **Warehouse 13** 10&11/13. (S2)
4.00 **Stargate SG-1** 17/22. (S7)
5.00 **Star Trek: Voyager** 11/26. Janeway becomes romantically entangled. (S6)
6.00 **Star Trek: Enterprise** 8/24. After a spatial distortion, Archer awakens in the future, only to learn the outcome of the human-Xindi conflict. (S3)

9.00 Resident Alien

7.00 **Stargate Atlantis** *First Strike:* 20/20. McKay uses ancient methods to destroy a stargate belonging to the Replicators. (S3)

8.00 **Stargate SG-1** *Heroes – Part One:* 17/22. A film crew arrive to document the life of SG-1. Guest stars Adam Baldwin. (S7)

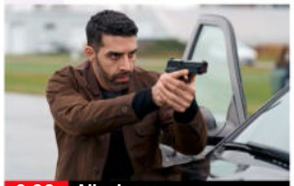
9.00 **Resident Alien** *The Green Glow:* 7/10. Fearing he is facing failure, Harry enlists an unlikely ally to help him find his ship. (S1)

10.00 **Grimm** *Skin Deep:* 15/22. Nick and Hank encounter a once-beautiful woman who seems to have aged 70 years overnight. (S5)
11.00 **The Walking Dead** 5/16. Maggie and Sasha retreat to the Hilltop compound. (S7)
12.00 M'T **Resident Alien** 6/10. Harry must cope with jealousy when the mayor hires a perfect new town doctor. (S1)
1.00 AM **Warehouse 13** (S2)
3.00 **The Walking Dead** (S7)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S6)
9.00 **Shakespeare & Hathaway: Private Investigators** (S2)
10.00 **The Mentalist** 8/22. (S5)
11.00 **Hudson & Rex** 5/16. (S6)
12.00 NOON **Unforgettable** (S4)
1.00 PM **Death in Paradise** (S11)
2.00 **Murdoch Mysteries** (S6&7)
4.00 **The Mentalist** 8/22. (S5)
5.00 **Hudson & Rex** 5/16. (S6)
6.00 **Shakespeare & Hathaway: Private Investigators** 2/10. Lu and Frank investigate when a role-playing battle in the woods goes wrong. (S2)



9.00 Allegiance

7.00 **Private Eyes** *Boardwalk Empire:* 2/18. A quirky client insists that there is something strange going on in her apartment. (S2)

8.00 **Death in Paradise** *Painkiller Thriller:* 5/9. A pop star is found dead at a rehab clinic. (S11)

9.00 **Allegiance** New episode *Do No Harm:* 9/10. Sabrina and Zak are called to a pharmacy robbery. (S2)
■ Entire series on Box Sets

10.00 **The Hunting Party** *Tom Beecher:* 9/10. Bex and the team hunt their most depraved serial killer yet. (S1)
11.00 **The Hunting Party** 10/10. Bex and the team track the notorious Killer Chemist. (S1)
12.00 M'T **Private Eyes** As 7.00pm.
1.00 AM **Death in Paradise** (S11)
2.00 **Murdoch Mysteries** 13/13. Julia is sentenced to hang. (S6)
3.00 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
9.00 **The Green Green Grass**
9.40 **Are You Being Served?**
10.20 **Last of the Summer Wine**
11.40 **Dad**
12.20 PM **Only Fools and Horses**
1.00 **Keeping Up Appearances**
1.40 **Dad's Army**
2.20 **The Green Green Grass**
3.00 **Are You Being Served?**
3.40 **Dad**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

11.40 Colin's Sandwich

7.00 **Porridge** Betting fever sweeps Slade Prison, but it is not long before the stakes rise too high.
7.40 **Dad's Army** A major decides Jones is too old to be in the Home Guard.
8.20 **Are You Being Served?** Mrs Slocombe plans for a happy event.

9.00 **Fawlty Towers** Basil tries to stop an unmarried couple lowering standards.
9.40 **Porridge** First-ever episode. Crafty con Fletcher helps new inmate Godber settle in.
10.20 **Not Going Out** First-ever episode of Lee Mack's sitcom.
11.00 **Mrs Brown's Boys**
11.40 **Colin's Sandwich**
12.15 AM **Fawlty Towers**
1.00 **Porridge** As 9.40pm.
1.40 **Mrs Brown's Boys**
2.30 **Not Going Out** As 10.20pm.
3.00 **Colin's Sandwich**
3.30 **to 4.00** AM **Toast of London**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.30 AM **Top Gear**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Long Weekends**
11.25 **Yukon Gold**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Robson Green: World's Most Amazing Walks** From Spain.
4.00 **Rick Stein's Long Weekends**
6.00 **The Hairy Bikers: Mums Know Best** Si King and Dave Myers meet mothers who love to cook during lazy weekends.

6.00 The Hairy Bikers

7.00 **Mortimer & Whitehouse: Gone Fishing** From Derbyshire's Monsal Valley.
7.40 **Would I Lie to You?** With Louie Spence, David O'Doherty, Bill Turnbull and Katherine Parkinson. **8.20** With Greg Davies, Konnie Huq, Phil Tufnell and Marcus Brigstocke.

9.00 **Have I Got a Bit More News for You** Alexander Armstrong hosts the satirical quiz, with Mishal Husain and Geoff Norcott.

10.00 **QI XL** Josh Widdicombe, Sue Perkins and Frank Skinner join regular panellist Alan Davies and host Stephen Fry.
11.00 **Taskmaster** Roisin Conaty and Frank Skinner are challenged to play golf with eggs.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Josh Widdicombe, Jo Brand and Phill Jupitus.
2.50 **to 4.00** AM **Taskmaster**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.25 **Classic Holby City**
10.45 **Casualty**
11.40 **The Bill**
12.50 PM **Classic EastEnders**
2.00 **Neighbours**
3.00 **Pie in the Sky**
4.05 **Lovejoy**
5.20 **Waiting for God**
6.00 **Last of the Summer Wine** Hobbo continues his quest to find a man for Stella. **6.40** Howard and Toby are unhappy with their love lives.

5.20 Waiting for God

7.20 **Last of the Summer Wine** Convinced that Nelly is his mother, Hobbo sends Howard to eavesdrop on her and Pearl.

8.00 **'Allo 'Allo!** German generals meet at the cafe. **8.35** Rene is told he must recover the paintings from the Communist Resistance headquarters. **9.10** The Colonel, Gruber, Bertorelli and Leclerc are held ransom by Denise.
9.40 **New Tricks** *Talking to the Dead:* Pullman agrees to reinvestigate the case of a teenager who was abducted and left to die after Halford claims the girl contacted him through a clairvoyant.
11.00 **Silent Witness** *Discovery:* Nikki and Jack are called in to help in the investigation of the disappearance of a teacher.
1.30 AM **Lovejoy**
2.25 **Waiting for God**
2.55 **to 4.00** AM **Darby and Joan**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 3-5/10. (S21)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Out of Control:* 8/20. A murder is connected with a car that begins driving on its own. **7.00** *Humbug:* 9/20. A tell-all book threatens a decorated Marine's life before it is published. **8.00** *Baker's Man:* 10/20. The owner of Parker's favourite bakery is blackmailed. (S22)
9.00 **Law & Order: Special Victims Unit** *Divide and Conquer:* 3/22. A couple's dinner party ends with a home invasion and assault by masked men. (S26)
10.00 **Law & Order: Special Victims Unit** (S17)
1.00 AM **Law & Order: Special Victims Unit**
2.00 **to 3.50** AM **Beauty and the Beast**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** A high number of call-outs results in paramedics queuing with patients.
9.00 **999: Killer on the Line** A look at murders that were callously planned.
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T **Scam City**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Skin A&E**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Commonwealth Games** The fourth day.
10.00 **Police Interceptors**
11.00 **Gunsmoke** (S12)
12.05 PM **FILM Chuka** Western starring Rod Taylor. (1967, PG, 105min) ★★
2.15 **FILM Red Mountain** Western starring Alan Ladd and Lizabeth Scott. (1951, PG, 84min) ★★
4.00 **The Motorway**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Police Code Zero: Officer Under Attack**
11.00 **The X-Files** 6/20. (S5)
12.00 M'T **World's Most Dangerous Prisoners**
1.00 AM **Outback Truckers**
2.00 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
11.00 **DIY SOS: Million Pound Build for Children in Need**
12.00 NOON **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Brother v Brother**
6.00 **DIY SOS: The Big Build**
7.00 **DIY SOS: Million Pound Build for Children in Need**
8.00 **999 Rescue Squad**
9.00 **Prison Wives of TikTok** New editions Ashton's family find out about her relationship. **10.00** Jacqui flies to the US for LA's release.
11.00 **Preaching Evil: A Wife on the Run with Warren Jeffs**
1.00 **to 3.00** AM **Selena and Yolanda: The Secrets Between Them**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering**
8.00 **Bangers & Cash**
10.00 **Secret Nazi Bases**
11.00 **World War Two from Above** Documentary.
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Secret Nazi Bases**
5.00 **World War Two from Above** Documentary.
6.00 **Antiques Roadshow**
7.00 **Asia** How animals survive when northern Asia is transformed by snow and ice.
8.00 **Bangers & Cash: Restoring Classics**
9.00 **Bangers & Cash**
10.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Great British Railway Journeys**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Cumbria.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Derbyshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** A widow returns from Italy, bringing with her Soviet propaganda.
8.00 **Antiques Road Trip** Natasha Raskin and Philip Serrell tour Berkshire and Hampshire.
9.00 **Who Do You Think You Are?** Actor Claire Foy traces her ancestry. **10.00** With Dev Griffin.
11.00 **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

TUESDAY Entertainment

Tuesday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S5)
9.00 **Doctor Finlay** 7/7. (S3)
10.00 **Hamish Macbeth** (S2)
11.00 **Little House on the Prairie** 23&24/25. (S1)
1.00 PM **The Waltons** (S5)
4.00 **Little House on the Prairie** 23&24/25. (S1)
6.00 **Hamish Macbeth** (S2)
7.00 **M*A*S*H** Four episodes of the series, including at: **8.30** 13/20. Winchester meets an old enemy – the officer who exiled him to the 4077th. (S9)
9.00 **Brush Strokes** 13/13. Veronica has a proposition. (S1) **9.40** 1/6. Jacko has made a decision. (S3) **10.20** 2/7. Jacko goes out of his way to help a customer. (S2)
11.00 **Robin's Nest** (S2)
12.00 M'T **M*A*S*H** (S9)
2.00 AM **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM **The High Chaparral**
10.10 **FILM McLintock!** Comedy western. (1963, U, 127min) ★★★
12.50 PM **The Unit** 7/13. (S1)
1.50 **Burn Notice** (S1&2)
3.50 **FILM The Expatriate** Action thriller starring Aaron Eckhart. (2012, 15, 100min) ★★
6.00 **The Unit** 7/13. (S1)
7.00 **Burn Notice** (S1&2)
9.00 **FILM Sniper Elite** Sci-fi action adventure starring Matthew Reese. (2014, 15, 91min) ★★
11.05 **FILM Escape Plan 3** Action thriller sequel with Sylvester Stallone and Dave Bautista. (2019, 15, 97min) ★
1.05 AM **Dragon Ball Super**
2.05 **Coast Guard Alaska**
3.05 **FILM Seattle Superstorm** Disaster movie with Esai Morales. (2012, PG, 95min) ★★
4.40 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **FILM Ruby Herring Mysteries: Silent Witness** (2019, PG) ★★
10.05 **FILM Morning Show Mysteries: Death by Design** Crime thriller. (2019, PG, 84min) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S3)
2.00 **Castle** 10/23. (S4)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 11/23. (S4)
8.00 **Unforgettable** (S3)
9.00 **In Plain Sight** 1/13. (S4)
10.00 **FILM Martha's Vineyard Mysteries: Poisoned in Paradise** Crime thriller. (2021, PG, 84min) ★★
11.55 **FILM Lost Letter Mysteries for Christmas** Drama. (2014, PG, 84min) ★★
1.50 AM **FILM Circle of Friends** Thriller. (2006, PG, 89min) ★★★
3.25 **to 5.00** AM **FILM Killing Your Daughter**

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM **FILM Mix Up in the Mediterranean** Comedy. (2021, PG, 84min) ★★
10.15 **FILM A Winter Getaway** Comedy. (2021, PG, 84min) ★★
12.10 PM **FILM A Winter Princess** Romance. (2019, PG, 82min) ★★
2.00 **FILM Sweet Pecan Summer** Drama. (2021, PG, 84min) ★★
3.55 **FILM Love at Lookout Lake** (2025, U) ★★
5.55 **FILM How to Win a Prince** Comedy. (2023, U, 89min) ★★
7.55 **FILM Sister Dating Swap** Romantic comedy. (2023, PG, 89min) ★★
9.55 **FILM Luckless in Love** Romantic comedy. (2023, PG, 86min) ★★
11.50 **FILM Romance in Hawaii** (2023, U) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Sweet Pecan Summer**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** As 7.00pm.
1.00 PM **Celebrity Coach Trip**
2.00 **Lake District Rescue**
3.00 **Garden Rescue**
4.00 **Rick Stein's Food Stories** From Argyll.
4.45 **Edwardian Farm**
6.00 **Celebrity Coach Trip**
7.00 **Love Your Garden** The team create an elegant tea garden for a charity volunteer in Birmingham.
8.00 **Garden Rescue**
9.00 **Lake District Rescue**
10.00 **FILM Au Pair Girls** Comedy with Gabrielle Drake and Astrid Frank. (1972, 18, 86min) ★★
12.00 M'T **FILM Come Play with Me** Adult comedy starring Pat Ashley. (1977, 18, 90min) ★★
2.00 AM **Lake District Rescue** As 9.00pm.
3.00 **Edwardian Farm**
4.15 **to 5.00** AM **Rick Stein's Food Stories**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor in Charge**
10.30 **Bottle Boys** (S2)
11.00 **The Fenn Street Gang**
11.30 **Hallelujah** 2/8. (S2)
12.00 NOON **Man in a Suitcase**
1.00 PM **Agony** 2/7. (S3)
1.30 **Press Gang** (S1)
2.00 **Second Thoughts** (S2)
2.30 **The Fenn Street Gang**
3.00 **Hallelujah** 2/8. (S2)
3.30 **Boon** 11/13. (S5)
4.30 **Old Country** (S1)
5.00 **Stereo Underground**
6.00 **Press Gang** 4/12. (S1)
6.30 **Danger Man** (S1)
7.00 **Bottle Boys** 1/6. (S2)
7.30 **Doctor in Charge**
8.00 **Man in a Suitcase**
9.00 **Drop the Dead Donkey**
10.00 **FILM Superchick** Action comedy. (1973, 15) ★
12.00 M'T **FILM Can You Keep It Up for a Week?** Comedy. (1974, 18) ★
1.55 AM **Stereo Underground**
2.45 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **Mysteries of the Missing** Documentary.
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Aussie Gold Hunters** The Dirt Dogs try to get the gold-tally up. **8.00** The Scrappers are in trouble before they've even started mining.
9.00 **Gold Divers** An injury jeopardises Kris Kelly's gold goal for the season. **10.00** Mr Gold takes a gamble on northern winds and low tides.
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **James Martin's Spanish Adventure**
7.00 **Hairy Bikers Go North**
8.00 **Jamie's 5 Ingredient Mediterranean Meals**
9.00 **Jamie Oliver: Cooking for Less** Culinary series.
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **Hairy Bikers Go North**
4.00 **Nigella Bites**
5.00 **Jamie's 5 Ingredient Mediterranean Meals**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Jamie's 5 Ingredient Mediterranean Meals** New edition Recipes with just five ingredients.
10.00 **Rick Stein's Food Heroes** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 25/28. (S1)
9.00 **Six Million Dollar Man**
10.00 **Babylon 5** 13/22. (S2)
11.00 **FILM Mega Shark vs Kolossus** (2015, 12) ★
1.00 PM **FILM Against a Crooked Sky** Western. (1976, PG, 85min) ★★
2.45 **FILM Sinbad and the Eye of the Tiger** Fantasy adventure. (1977, U, 108min) ★★★
5.00 **Star Trek** 4/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 14/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM Gods of Egypt** Fantasy adventure. (2016, 12, 127min) ★★★
11.35 **FILM Pathfinder** Action adventure. (2006, 15, 99min) ★★★★
1.45 AM **FILM The Hunter's Prayer** Action thriller. (2017, 15, 91min) ★★
3.35 **to 5.15** AM **FILM While She Was Out** Thriller. (2008, 18, 88min) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Gambler V: Playing for Keeps**
11.00 **Andromeda** 6/22. (S4)
12.00 NOON **FILM Princess of Mars** Sci-fi adventure. (2009, 12, 90min) ★★
2.00 PM **The Gambler V: Playing for Keeps** Western drama sequel.
4.00 **Walker, Texas Ranger**
5.00 **FILM The Land That Time Forgot** Thriller with C Thomas Howell. (2009, 12, 90min) ★★
7.00 **Andromeda** 7/22. (S4)
8.00 **The A-Team** 1/25. (S3)
9.00 **FILM Maximum Risk** Thriller starring Jean-Claude Van Damme. (1996, 18, 101min) ★★
11.05 **FILM Desperado** Thriller with Antonio Banderas. (1995, 18, 105min) ★★★
1.15 AM **FILM Maximum Risk** As 9.00pm.
3.15 **FILM The Land That Time Forgot** (2009)
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Winsford.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Container Wars**
9.20 **Storage Wars**
1.05 PM **Pawn Stars**
2.05 **Money for Nothing**
3.05 **Container Wars**
4.05 **Ancient Aliens**
5.00 **Alien Files Reopened**
6.00 **Storage Wars**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal**
9.00 **Death Coast**
10.00 **A Ship Through Time: Secrets of the Newport Ship**
11.00 **Mega Disasters**
12.00 M'T **History's Most Shocking** Documentary.
1.00 AM **Alien Files Reopened** In Zimbabwe.
2.00 **Cops Uncensored**
3.00 **Container Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Traditions**
11.00 **Ben Fogle: New Lives in the Wild** Sweden.
12.00 NOON **All Creatures Great and Small** (S4)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Secret Life of the Forest**
6.00 **Sunken Warships: Secrets from the Deep**
7.00 **Ben Fogle: New Lives in the Wild** Ben meets Scott, who lives off-grid in Utah's Canyonlands. **8.00** Ben visits former army officer Mark on the Moroccan coast.
9.00 **Dalgliesh** *Death of an Expert Witness:* A senior forensic biologist is found dead in his lab.
10.00 **The Madame Blanc Mysteries** 5/6. (S4)
11.00 **Prisoner: Cell Block H**
1.05 AM **Murder, She Wrote**
3.10 **to 4.00** AM **Sunken Warships: Secrets from the Deep**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **Bridge of Lies**
3.00 **The Chase**
4.00 **Who Wants to Be a Millionaire? Celebrity Special** Max Beesley plays for charity.
5.00 **The Bidding Room**
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** With Alex Horne, Dani Harmer, Eddie Hall and Chemmy Alcott.
8.00 **Beat the Chasers**
9.00 **The Chase** Quiz show.
10.00 **The Chase Celebrity Special** With Alex James, Sara Cox and Eamonn Holmes.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.30** 21/23. Leonard and Raj take Howard to Las Vegas. (S2)
9.00 **Baylen Out Loud** Baylen travels to Texas for a Tourette convention, but her tics threaten to overpower her big moment.
10.00 **Suddenly Amish** New edition Esmeralda confronts her fears about identity amidst her Amish transformation.
11.00 **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **Everybody Loves Raymond** (S4)
11.00 **The Upper Hand**
1.00 PM **Friends** (S7&8)
8.00 **Friends** 13/24. Monica mistakenly believes that Joey is infatuated with Phoebe. **8.30** 14/24. A concerned Joey takes Rachel to the hospital. (S8)
9.00 **FILM Jerry Maguire** Romantic comedy drama with Tom Cruise, Cuba Gooding Jr and Renée Zellweger. (1996, 15, 139min) ★★★★
11.40 **Police Squad!**
12.40 AM **Whose Line Is It Anyway? USA**
1.40 **Mr Bean** 13&14/14. (S1)
3.00 **South Park** 1/15. (S7)
3.30 **The Comedy Central Chart Show**
3.35 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S4)
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** As 7.00pm.
11.00 **Friends** 20–23/25. (S3)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S4)
7.00 **Michael McIntyre's Big Show** With Paloma Faith and Josh Groban.
8.00 **The Upper Hand** (S4)
9.00 **Rhod Gilbert's Growing Pains** With Emily Atack.
10.00 **Friends** (S7&8)
1.00 AM **8 Out of 10 Cats**
1.50 **Michael McIntyre's Big Show** As 7.00pm.
2.50 **Comedy Central Live**
3.35 **Impractical Jokers**
5.10 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 56 42

8.00 AM **Highlights**
10.10 **Bread** 11/14. (S6)
10.50 **Steptoe and Son** (S1)
11.25 **Oh, Doctor Beeching!**
12.00 NOON **Rising Damp**
12.30 PM **Man About the...**
1.00 **Goodnight Sweetheart**
1.35 **When the Boat Comes In** 2/10. Drama. (S4)
2.35 **Minder** 12/13. (S3)
3.40 **Just Good Friends** (S3)
4.20 **Man About the House**
4.55 **Bread** 11/14. (S6)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.15 **Rising Damp** 2/7. (S1)
6.45 **Steptoe and Son** (S1)
7.20 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 1/11. (S1)
9.00 **Benidorm** 4/7. (S7)
9.55 **Shameless** 11/16. (S5)
10.55 **Man About the House**
11.30 **Mind Your Language**
12.00 M'T **Benidorm** 4/7. (S7)
1.00 AM **Minder** 7/11. (S4)
2.00 **Duty Free** 6/7. (S3)
2.25 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Double bill.
2.00 PM **Catfish: Fiendish Friends** Reality series.
3.00 **Catfish: The TV Show**
4.00 **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Rich Kids Go Skint** Indigo, from a posh area of north London, visits Annemarie in Kent.
8.00 **Judge Judy**
9.00 **Just Tattoo of Us** *Ex on the Beach* stars Zach and Kurtis challenge one another.
10.00 **Tattoo Fixers**
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness**
1.00 AM **Ink Master**
2.45 **True Life Crime UK**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush** Double bill.
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Plastic bottles, eggs, jars and wooden pens. **3.30** Marshmallow cookies. **4.00** Wood-burning stoves. **4.30** Robotic arms, tattoos, napkins and concrete pipes.
5.00 **Alaska: Homestead Rescue** The Raneys rescue a family descended from music royalty.

10.00 The Last Woodsmen

7.00 **Last Chance Garage** Tony travels to Nashville to find out why a 2021 Jeep 6x6 is not running the way it was built.
8.00 **Last Chance Garage** A 1967 Ford Bronco comes in for service work but needs a complete engine overhaul.
9.00 **Deadliest Catch** New edition *Wizard* deckhand Lynn Guitard goes overboard, and Sig lets Sophia prove herself.
10.00 **The Last Woodsmen** New edition Jared and his crew make a final push to move timber before the last barge arrives.
11.00 **The Alaska Triangle** Experts investigate reports of ghost ships haunting the seas around Alaska.
12.00 M'T **Deadliest Catch**
2.00 AM **The Last Woodsmen**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Edge of Alaska**
10.00 **Tanked**
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell**
5.00 **Lone Star Law** A routine check for a fishing licence takes a turn, and zebra mussels are found on a boat.
6.00 **Dr Jeff: Rocky Mountain Vet** Amy debates emergency surgery for a French bulldog that ate its favourite toy.

8.00 Guardians of the Glades

7.00 **Treehouse Masters** Pete fulfils the wishes of an 81-year-old client who has always wanted a luxury treehouse.
8.00 **Guardians of the Glades** Lower temperatures force Dusty and the team to change strategies.
9.00 **Alaska: The Last Frontier** Atz Lee and Atz Sr take Jane on a hunt in the foothills, while Eivin builds a cart for Findlay.
10.00 **Alaskan Bush People** The Browns protect their newest family member from bears seeking food on Chichagof Island.
11.00 **The Haunted** A dark spirit menaces a woman's home.
12.00 M'T **Crikey! It's the Irwins** Terri helps a cougar in need of a health check.
1.00 AM **Mountain Monsters**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Rocky Mountain Railroad**
11.00 **Car S.O.S** Restoring a Jeep.
12.00 NOON **Ultimate Airport Dubai**
1.00 PM **Air Crash Investigation**
2.00 **WW2 Heroes of the Sky**
4.00 **Lost Treasures of Ancient Greece** The Minotaur.
5.00 **Drain the Oceans: Lost Giants** Maritime archaeologists go in search of the biggest wrecks ever sunk.
6.00 **Liberation: D-Day to Berlin** Exploring the end of World War Two in Western Europe.

8.00 Mega Marine Machines

7.00 **Air Crash Investigation** Investigators try to solve the mystery of why a new design of jet crashed during a demonstration.
8.00 **Mega Marine Machines** New edition A crew sail a Viking ship across the North Atlantic using ancient methods.
9.00 **Construction Fails** An oversized billboard falls in Mumbai, and heavy snow causes roofs to collapse in Minnesota.
10.00 **Disaster Autopsy** Uncovering the causes of the Madrid tower fire, Rana Plaza collapse and the Chernobyl disaster.
11.00 **Air Crash Investigation** On final approach to Islamabad in fog, Airblue Flight 202 slams into the Himalayan foothills.
12.00 M'T **Border Protection Spain**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **Lords of War** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Documentary.
6.30 **Digging for Britain**
9.15 **Pawn Stars**
10.10 **Junk & Disorderly**
11.05 **Storage Wars**
12.00 NOON **Ice Road Truckers**
2.00 PM **Hazardous History with Henry Winkler** Four editions of the series, including at: **5.00** Risky professions that people endured for a living.
6.00 **History's Greatest Picks with Mike Wolfe** The stories behind legendary treasures.

9.55 World War II

7.00 **Forged in Fire** The blacksmiths are tasked with recreating the beastly Austro-Hungarian Hussar Saber.
8.00 **Hitler's Engineers** How Ferdinand Porsche would not have seen his success without the support of Adolf Hitler.
9.00 **World War II with Tom Hanks** New edition The actor explores the final events of World War Two. **9.55** Series finale The fallout from the war.
10.50 **Britain's Murder Map with Vicky McClure and Jonny Owen** The Burke and Hare murders.
11.50 **Britain's Murder Map with Vicky McClure and Jonny Owen** Investigating the case of serial killer John Christie.
12.50 AM **Ice Road Truckers** The work of drivers who haul supplies over frozen terrain.
1.45 **Hazardous History with Henry Winkler** Triple bill.
4.35 **Forged with Steele**
5.00 **to 6.00** AM **Junk & Disorderly**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Nineties**
7.00 **Discovering: Whoopi...**
8.00 **The Directors**
9.00 **Ren Faire**
10.00 **The Man Who Played with Fire** 2/4. Documentary
11.00 **Murder in Boston: Roots, Rampage and Reckoning**
12.00 NOON **Val** Documentary.
2.00 PM **Williams & Mansell: Red 5**
3.50 **My Icon: Natasha Jonas**
4.00 **The Directors**
5.00 **Discovering: Whoopi Goldberg** Profile of the actor.
6.00 **I Am Paul Walker**

5.00 Discovering: Whoopi...

7.50 **My Icon: Casey Stoney** The football coach talks about the individuals who have inspired her.
8.00 **Murder at the Cottage** 4/5. The French authorities take over and a battle between judicial systems looms large.
9.00 **Murder at the Cottage** 5/5. After 24 years of suspicion, the French authorities put Ian Bailey on trial in absentia.
10.00 **I Am Patrick Swayze** A tribute to the actor, known for his roles in hits like *Dirty Dancing*, *Ghost* and *The Outsiders*. With contributions from Demi Moore and Rob Lowe.
11.50 **UFO** 1-4/4. Documentary exploring people's fascination with unidentified flying objects and the influence the US government and the military may have in shielding the truth.
3.50 AM **Adam Hills: Foot Fault**
5.00 **to 6.00** AM **Discovering: Whoopi Goldberg**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Gem Hunters Down Under** Double bill.
1.00 PM **Mike Brewer: Born Dealer**
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **Ant Anstead: Born Mechanic**
9.00 **Johnny Vegas' Little Shop of Antiques** New edition
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes... Atlanta**
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **The Big Swindle**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Jamie Lavis.
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **Judge Rinder's Crime Stories** Ian McNicholl.
8.00 **Murder on CCTV**
10.00 **Body Cam** New editions Officers come under fire while trying to arrest a wanted man. **11.00** An inmate faking a heart attack jumps a prison guard.
12.00 M'T **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** Katie Kenyon.
8.00 **UK Crime Files: The Blackpool Poisoner**
9.00 **UK Crime Files: Murder – Smoke and Lies** A look at the case of Nikitta Grender.
10.00 **Killers: Caught on Camera** In New Zealand, a backpacker is found dead after a date.
11.00 **Secrets of a Murder Detective** The murder of Aseel Al-Essaie.
12.00 M'T **UK Crime Files: The Blackpool Poisoner**
1.00 AM **UK Crime Files: Murder – Smoke and Lies** As 9.00pm.
2.00 **Killers: Caught on Camera** As 10.00pm.
3.00 **Britain's Countryside Killers** Katie Kenyon.
4.00 **to 6.00** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: Britain's Youngest Contract Killer**
9.55 **UK Crime Files: Kidnap and Murder of an Heiress** Muriel McKay.
11.00 **Killers: Caught on Camera** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: The Most Evil Woman in Britain** Myra Hindley.
3.00 **UK Crime Files: Connecting a Killer**
4.00 **Killers: Caught on Camera** Documentary.
5.00 **Medical Detectives** Four editions, including at: **6.00** The body of a man is found 30 years after he was murdered. **6.30** A girl's parents are charged with her murder.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Death on the Beach** Documentary.
1.00 PM **Murdered at First Sight** Jonelle Matthews.
2.00 **World's Most Evil Killers**
3.00 **Catching the Killer**
4.00 **The Real Manhunter**
5.00 **How I Caught the Killer**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Richard Ramirez: The Night Stalker Tapes**
11.30 **How I Caught the Killer**
12.20 AM **World's Most Evil...**
1.10 **Catching the Killer**
2.00 NEW SERIES **Murder Nation** Documentary.
3.00 **Send in the Dogs**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** Documentary.
8.35 **Treasures Decoded**
9.35 **Pirates: Behind the Legends** Grace O'Malley.
10.35 **Maps of Power**
11.50 **Auschwitz: Inside Man**
1.00 PM **America the Bountiful** Documentary.
1.35 **Treasures Decoded**
2.35 **Pirates: Behind the Legends** Grace O'Malley.
3.35 **Maps of Power**
4.50 **Auschwitz: Inside Man**
6.00 **America the Bountiful**
6.35 **Treasures Decoded**
7.35 **Pirates: Behind the Legends** Grace O'Malley.
8.35 **Maps of Power** A look at how geography has shaped the decisions of governments.
9.50 **Auschwitz: The Inside Man** Witold Pilecki.
11.00 **Pirates: Behind the Legends** Grace O'Malley.
12.00 M'T **Maps of Power**
1.15 **to 2.00** AM **America the Bountiful**

TUESDAY

Tuesday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **Moon: Nature's Secret Force**
10.00 **New Kids in the Wild**
11.00 **Ireland's Wild Islands...**
12.00 NOON **Evolution Earth**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Moon: Nature's Secret Force**
4.00 **New Kids in the Wild**
5.00 **Ireland's Wild Islands with Eoin Warner** Clare Island.
6.00 **Evolution Earth**
7.00 **Monkey Life** Double bill.
8.00 **Whale with Steve Backshall**
9.00 **Extreme Animals: One Wild Day** Documentary.
10.00 **Evolution Earth**
11.00 **Ireland's Wild Islands...**
12.00 M'T **Reef Wrecks**
1.00 AM **Ol Pejeta Diaries**
2.00 **Whale with Steve Backshall**
3.00 **Extreme Animals: One Wild Day** Documentary.
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Moon: Nature's Secret Force**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Combat Trains**
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens**
1.00 PM **Battle 360**
6.00 **Mysteries from Above**
7.00 **Alien Corridors** Possible alien activity in Sedona, Arizona.
8.00 **Battle 360** A computer generated re-creation of the events of 1944, in which the US Carrier Task Force forged a path through the Pacific to assault enemy bases at Kwajalein and Truk Lagoon.
9.00 **Dark Marvels: Killing Machines** The background and engineering of booby traps.
10.00 **Secrets of the Hells Angels** The world of the secretive and notorious biker club, with access to former chapter presidents and undercover agents.
11.00 **Ancient Aliens**
1.00 AM **Alien Corridors**
2.00 **Battle 360**
5.00 **to 6.00** AM **Crimes That Shook Britain**

Discovery Science

167 148 179

8.00 AM **Killers of the Cosmos**
11.00 **Richard Hammond's Big**
12.00 NOON **Extreme Engineering**
1.00 PM **Secrets Underground**
3.00 **How the Universe Works**
6.00 **How It's Made**
9.00 **Savage Builds** Using material salvaged from scrap yards, Adam Savage and two colleagues build three motorised vehicles inspired by post-apocalyptic worlds. **10.00** Adam wants to build his own version of King Arthur's legendary sword, Excalibur. Using the iron found in a meteorite, he attempts to make an indestructible weapon.
11.00 **You Have Been Warned** Featuring a sportsman skiing behind a supercar and people pulling cars with their teeth. **12.00** M'T Featuring clips of incredible punching robots and bowling ball launchers.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **The Dino Hunters**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitive Hunters: Mexico**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Killer Britain with Dermot Murnaghan** Triple bill.
2.00 PM **Green Eyed Killers**
3.00 **Sleeping with Death**
6.00 **On the Case with Paula Zahn**
7.00 **The First 48**
8.00 **Green Eyed Killers** The fatal shooting of Emmett Corrigan.
9.00 **Staged: Deadly Deception** New edition A murder suicide that may have been faked.
10.00 **Tell Me How I Died** Authorities discover a man has been living for years with the mummified bodies of his family.
11.00 **Very Scary People**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Los Angeles** Documentary.
2.00 **Staged: Deadly Deception**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Incredible Animal Journeys**
11.00 **Alaska Animal Rescue**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Heartland Docs**
2.00 **When Sharks Attack and Why**
3.00 **World's Weirdest**
4.00 **Secrets of the Zoo**
5.00 **Yukon Vet**
7.00 **Secrets of the Zoo** Keepers try to figure out why a Bactrian camel has been gaining weight.
8.00 **The Jungle King** Following a male Bengal tiger through India in search of a mate.
9.00 **Jaguar vs Crocs** Footage of a fatal clash between a jaguar and a caiman.
10.00 **Lawless Island** Gary Muehlberger works to fall a huge tree to restock his firewood.
11.00 **Ultimate Airport Dubai**
12.00 M'T **World's Deadliest**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Alaska Animal Rescue**

Discovery History

161/172 147 181

7.00 AM **Blowing Up History**
8.00 **Combat Dealers**
9.00 **Secrets Underground**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Experts explore the limits of human knowledge.
8.00 **Blowing Up History** Experts gain access to investigate lost tombs and forgotten rituals.
9.00 **Ancient Unexplained Files** State-of-the-art forensics reveal the shocking secrets behind mysterious red skulls found in a 500-year-old grave.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Inside the Ambulance: Coast and Country**
11.00 **Inside the Ambulance**
1.00 PM **Inside the Ambulance: Coast and Country**
3.00 **Inside the Ambulance**
5.00 **Secrets of the Transport Museum** Double bill.
7.00 **Secrets of the Transport Museum** The team create a new lubrication system to keep a 1930s BSA motorbike running. **8.00** A rare Brooklands glider is given a new chance at flight. **9.00** Two of the museum's most famous, and fastest vehicles go head-to-head. **10.00** The Halford Special races against a Bugatti in a re-run of the first British Grand Prix. **11.00** A young driver learns how to handle the Napier-Railton. Plus, a race-winning Harrier jet and its pilot are reunited.
12.00 M'T **Secrets of the Transport Museum** Six editions.
5.25 **to 6.00** AM **Great British Railway Journeys**

+1hour 266 376

ID

154 140 166

8.00 AM **Deadly Secrets**
12.00 NOON **Evil Online**
1.00 PM **American Monster**
3.00 **Diabolical: Deadly Love**
7.00 **Betrayed** After newlywed pharmaceutical rep Debbie Ashley was found dead in her car boot, police suspected gang involvement. Later, a stunning confession revealed dark secrets. **8.00** The case of Claudette Ficik, whose body was found in the Oconee River in Georgia.
9.00 **Signs of a Psychopath** When an apartment fire reveals two dead bodies, detectives find a man who first appears polite and gentle, then later as a pawn of imagined demons. **9.30** A killer murders a 46-year-old woman, and detectives discover a Sheriff's Deputy is the shooter.
10.00 **Evil Lives Here**
11.00 **On the Case with Paula Zahn**
12.00 M'T **Twisted Sisters**
2.00 AM **Diabolical: Deadly Love**
4.00 **to 6.00** AM **Betrayed**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Big**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Bad Chad Customs**
2.00 **Ant Anstead: Born Mechanic**
3.00 **G.A.S. Extreme Customs**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Street Outlaws: Locals Only**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only** The fastest small-tyre racers in Virginia show off their skills.
9.00 **Last Outpost** Builders Clint Greathouse and Todd Anderson turn an old fuselage into the ultimate survival pod.
10.00 **G.A.S. Extreme Customs**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Street Outlaws: Locals Only** As shown at 8.00pm.
1.00 AM **Richard Hammond's Big**
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

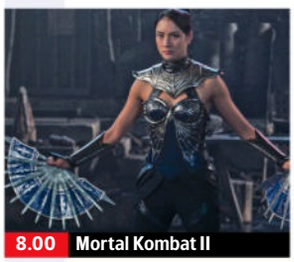
+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Anemone** As 1.30am.
8.10 **Eleanor the Great** As 4.15pm.
10.00 **Wicked: For Good** Fantasy sequel starring Cynthia Erivo. (2025, PG, 137min) ★★★
12.25 PM **Mortal Kombat II** (2024)
2.30 **Anaconda** Action comedy. (2025, 12, 99min) ★★★
4.15 **Eleanor the Great** Drama. (2025, 12, 98min) ★★★★
6.00 **Civil War** Thriller with Kirsten Dunst and Wagner Moura. (2023, 15, 109min) ★★★★



8.00 Mortal Kombat II

8.00 Mortal Kombat II Fantasy adventure sequel with Karl Urban, Adeline Rudolph and Martyn Ford. Several champions are pitted against one another in the ultimate battle to defeat the dark rule of Shao Kahn. (2024, 15, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Lurker Crime drama starring Théodore Pellerin and Archie Madekwe. A retail employee infiltrates an aspiring music star's inner circle. (2025, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 In Cold Light Crime thriller starring Maika Monroe. (2025, 15, 96min) ★★★
1.30 AM **Anemone** Drama with Sean Bean and Daniel Day-Lewis. (2025, 15, 125min) ★★★
3.40 **Night Patrol** Horror thriller starring Jermaine Fowler. (2025, 15, 103min) ★★★
5.40 **to 7.30** AM **Eleanor the Great**

Sky Cinema Pitch Perfect

303 303 403 503 517

7.05 AM **Pitch Perfect 2** (2015)
9.00 **Pitch Perfect 3** As 8.00pm.
10.35 **Pitch Perfect** As 9.35pm.
12.30 PM **Pitch Perfect 2** (2015)
2.35 **Pitch Perfect 3** As 8.00pm.
4.10 **Pitch Perfect** As 9.35pm.
6.05 **Pitch Perfect 2** Comedy sequel with Anna Kendrick. The Barden Bellas try to recover from a disastrous performance by winning the World Championships of A Cappella. (2015, 12, 112min) ★★★

6.05 Pitch Perfect 2

8.00 Pitch Perfect 3 Musical comedy sequel starring Anna Kendrick. The Bellas reunite for one last singing competition on an overseas tour. (2017, 12, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 Pitch Perfect Musical comedy set in the world of American college a cappella singing, starring Anna Kendrick. A wannabe DJ tries to shake up her college's all-female singing group. With Skylar Astin, Rebel Wilson, Ben Platt, Brittany Snow and Anna Camp. (2012, 12, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 Pitch Perfect 2 As 6.05pm.
1.25 AM **Pitch Perfect 3** As shown at 8.00pm.
3.10 **Pitch Perfect** As 9.35pm.
5.05 **to 7.00** AM **Pitch Perfect 2** As shown at 6.05pm.

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Wish You Were Here** Drama. (2025, 12, 99min) ★★★
7.40 **The Breakfast Club** John Hughes' comedy drama. (1984, 15, 97min) ★★★★
9.25 **Save the Cinema** Drama. (2021, 12, 109min) ★★★
11.15 **A Different Man** Psychological thriller. (2024, 15, 112min) ★★★★
1.10 PM **Chicago** Musical drama. (2002, 12, 112min) ★★★★
3.10 **A Star Is Born** Music drama. (2018, 15, 136min) ★★★★★
5.35 **Catch Me If You Can** Steven Spielberg's fact-based adventure starring Leonardo DiCaprio. (2002, 12, 141min) ★★★★★
8.00 **The Bodyguard** Romantic thriller starring Kevin Costner and Whitney Houston. (1992, 15, 129min) ★★★
10.10 **An Officer and a Gentleman** Romantic drama starring Richard Gere and Debra Winger. (1981, 15, 125min) ★★★★
12.25 AM **The Illusionist** Period mystery starring Edward Norton. (2006, PG, 110min) ★★★★
2.25 **The End of the Affair** Drama. (1999, 18, 101min) ★★★★
4.15 **to 6.25** AM **Girl You Know It's True** Biographical drama. (2023, 15, 124min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.05 AM **The Woman in the Yard**
7.40 **Companion** As 5.10am.
9.30 **InnerSpace** Sci-fi comedy thriller. (1987, PG, 119min) ★★★
11.40 **Nosferatu** Horror thriller. (2024, 15, 132min) ★★★★
1.55 PM **Waterworld** Sci-fi adventure. (1995, 12, 134min) ★★★
4.20 **They Will Kill You** Horror comedy starring Zazie Beetz. (2025, 15, 94min) ★★★
6.20 **Cloverfield** Offbeat disaster movie. (2007, 15, 81min) ★★★
8.00 **It** Adaptation of the Stephen King chiller, starring Bill Skarsgård, Jaeden Lieberher and Sophia Lillis. A group of bullied New England kids band together to destroy a demonic clown. (2017, 15, 135min) ★★★★
10.20 **From Dusk Till Dawn 3: The Hangman's Daughter** Western chiller sequel starring Marco Leonardi, Michael Parks and Ara Celi. (2000, 18, 94min) ★★
12.00 M'T **Him** Supernatural horror. (2025, 18, 96min) ★★★
1.45 AM **Wolf Man** Werewolf horror. (2024, 15, 103min) ★★★
3.35 **The Woman in the Yard** Horror. (2025, 15, 88min) ★★★
5.10 **to 6.50** AM **Companion** Sci-fi horror. (2024, 15, 97min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

7.15 AM **Teenage Mutant Ninja Turtles** Fantasy. (2014, 12) ★★
9.00 **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy sequel. (2016, 12, 112min) ★★★
10.55 **Peter Rabbit** (2018, PG) ★★★
12.35 PM **Peter Rabbit 2: The Runaway** (2021, U) ★★★
2.15 **Jack the Giant Slayer** Fantasy. (2013, 12, 114min) ★★★
4.10 **Matilda** (1996, PG) ★★★★
6.00 **Wicked: For Good** Fantasy. (2025, PG, 137min) ★★★

8.25 **Jumanji** Fantasy adventure starring Robin Williams and Bonnie Hunt. A mysterious board game unleashes a series of wild creatures upon a small American town. With Kirsten Dunst and Bradley Pierce. (1995, PG, 104min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

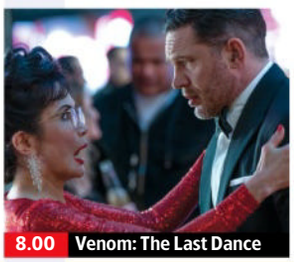
10.10 **Cats & Dogs** Fantasy comedy with the voices of Tobey Maguire, Alec Baldwin and Sean Hayes. (2001, PG, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Muppets Take Manhattan** Musical comedy. (1984, U, 94min) ★★★★
1.20 AM **Muppets from Space** Children's sci-fi comedy. (1999, U, 85min) ★★★
2.50 **Annie** Musical remake. (2014, PG, 115min) ★★★
4.50 **to 6.20** AM **Cats & Dogs: The Revenge of Kitty Galore** Fantasy comedy sequel. (2010, U, 82min) ★★

Sky Cinema Action

306 306 407 507 521

6.15 AM **Vendetta** (2022, 15) ★★
8.00 **Green Lantern** Adventure. (2011, 12, 114min) ★★
10.00 **Skyscraper** Action thriller. (2018, 12, 102min) ★★★
11.50 **300: Rise of an Empire** Fantasy. (2014, 15) ★★★
1.45 PM **Cleaner** Action thriller. (2025, 15, 97min) ★★★
3.35 **Jurassic World: Rebirth** Adventure. (2025, 12) ★★★
5.55 **Justice League** Adventure. (2017, 12, 120min) ★★



8.00 **Venom: The Last Dance** Fantasy adventure starring Tom Hardy. Eddie Brock and partner-in-crime Venom face dangers from two worlds as the end of their symbiotic relationship grows near. (2024, 15, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **The Mummy Returns** Adventure sequel starring Brendan Fraser and Rachel Weisz. A dashing ex-legionnaire and his Egyptologist wife confront old and new adversaries. With John Hannah. (2001, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Fight or Flight** Action thriller starring Josh Hartnett. (2025, 15, 98min) ★★★
2.00 **Sudden Death** Action thriller. (1995, 18, 110min) ★★★
3.55 **Sky Cinema Preview**
4.30 **to 6.25** AM **The Meg** Action thriller starring Jason Statham. (2018, 12, 113min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.15 AM **Gremlins 2: The New Batch** (1990, 12) ★★★
9.05 **Anaconda** As 5.35am.
11.00 **Sleepless in Seattle** Comedy. (1993, PG, 105min) ★★★★★
12.50 PM **American Reunion** Comedy. (2012, 15, 108min) ★★
2.45 **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
4.20 **Central Intelligence** Comedy. (2016, 12, 107min) ★★★
6.10 **Eddie the Eagle** Biopic. (2016, PG, 103min) ★★★

10.00 **Bridget Jones: Mad About the Boy** Romantic comedy sequel starring Renée Zellweger. Recently widowed Bridget enters the dating game again. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **'About Last Night...'** Comedy drama starring Rob Lowe. (1986, 18, 113min) ★★★
2.00 **Team America: World Police** Spoof of action movies. (2004, 15, 98min) ★★★★
3.40 **Mile End Kicks** Comedy. (2025, 15, 111min) ★★★★
5.35 **to 7.25** AM **Anaconda** Action comedy. (2025, 12) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Borderline** As 12.05am.
7.45 **Parallel** As shown at 5.20am.
9.25 **No Ordinary Heist** Thriller. (2026, 15, 99min) ★★★
11.15 **Amongst the Wolves** Thriller. (2024, 15, 102min) ★★★
1.05 PM **The Accountant** Thriller. (2016, 15, 123min) ★★★
3.25 **Dog Day Afternoon** Thriller. (1975, 15, 130min) ★★★★
5.35 **The Bourne Legacy** Thriller sequel starring Jeremy Renner. (2012, 12, 129min) ★★★

5.35 **The Bourne Legacy**

8.00 **Jason Bourne** Action thriller sequel starring Matt Damon and Tommy Lee Jones. Former government operative Jason Bourne is drawn out of hiding to uncover more truths about his father. With Julia Stiles. (2016, 12, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Caddo Lake** Thriller starring Dylan O'Brien. The disappearance of an eight-year-old girl brings the truth about a broken family's history into light. (2024, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Borderline** Horror comedy with Samara Weaving. (2025, 15, 94min) ★★★
1.50 **Restless** Thriller with Lyndsey Marshal. (2024, 15, 89min) ★★
3.35 **Nighthawks** Action thriller. (1981, 18, 99min) ★★★
5.20 **to 7.00** AM **Parallel** Fantasy thriller with Danielle Deadwyler. (2024, 15, 88min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Undefeated** Western. (1969, PG, 120min) ★★★
1.20 PM **Anne of the Thousand Days** Historical drama. (1969, PG, 145min) ★★★
4.10 **Twelve O'Clock High** Classic World War Two drama. (1949, b/w, U, 132min) ★★★★★
6.50 **The Madness of King George** Alan Bennett's historical drama with Nigel Hawthorne. (1994, PG, 107min) ★★★★★

9.00 **American Star**

The Madness of King George (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **American Star** Thriller starring Ian McShane and Nora Arnezeder. An assassin completing his final assignment is drawn to a ghostly shipwreck. With Fanny Ardant and Thomas Kretschmann. (2023, 15, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Sexy Beast** Gangster thriller starring Ray Winstone and Ben Kingsley. A retired thief living on the Costa del Sol is visited by a former partner in crime. With Ian McShane. (2000, 18, 88min) ★★★★
12.55 **to 3.15** AM **Black Sea** Thriller starring Jude Law, Scoot McNairy and Ben Mendelsohn. (2014, 15, 112min) ★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Animation

302 302 402 502 516

6.20 AM **Grand Prix of Europe**
8.00 **Flushed Away** As 2.25am.
9.30 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
11.10 **Shark Tale** Animated comedy. (2004, U, 90min) ★★★★
12.45 PM **Grand Prix of Europe** Animation. (2025, U, 98min)
2.25 **Mr Peabody & Sherman** Animated family comedy. (2014, U, 97min) ★★★★

4.00 **Happy Feet** Animated comedy. (2006, U, 108min) ★★★★
5.50 **Happy Feet Two** Animated musical comedy sequel. (2011, U, 100min) ★★★
7.35 **The Ant Bully** Animation with the voice of Julia Roberts. (2006, U, 89min) ★★★★
9.15 **The Angry Birds Movie** Animated comedy adventure. (2016, U, 97min) ★★★
11.00 **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★

12.40 AM **The Lego Ninjago Movie** Animation. (2017, U, 101min) ★★
2.25 **Flushed Away** Animation. (2006, U, 85min) ★★★★
4.00 **Smallfoot** (2018, U) ★★★
5.50 **to 7.25** AM **The Wild Thornberrys Movie** Animation. (2002, U, 85min) ★★★★

Sky Cinema Greats

307 307 404 504 518

7.40 AM **Shenandoah** As 4.25am.
9.30 **Enter the Dragon** As 10.05pm.
11.15 **Days of Thunder** As 11.50pm.
1.05 PM **The Towering Inferno**
3.50 **The Fugitive** Action thriller starring Harrison Ford. (1993, 15, 128min) ★★★★★
6.00 **Demolition Man** Sci-fi action thriller starring Sylvester Stallone and Wesley Snipes. (1993, 15, 114min) ★★★

8.00 **The Long Kiss Goodnight** Action thriller starring Geena Davis and Samuel L Jackson. An amnesiac schoolteacher uncovers her secret past as a crack CIA assassin. With Patrick Malahide and Brian Cox. (1996, 18, 120min) ★★★★
10.05 **Enter the Dragon** Action thriller starring Bruce Lee as an undercover agent who infiltrates a martial arts competition on an island fortress. With John Saxon. (1973, 18, 97min) ★★★★

11.50 **Days of Thunder** High-speed drama. (1990, 15, 107min) ★★★
1.40 AM **The Towering Inferno** Epic disaster movie with Paul Newman. (1974, 12, 165min) ★★★★
4.25 **to 6.15** AM **Shenandoah** Western starring James Stewart. (1965, PG, 101min) ★★★★

Disney+ Cinema

305 305

6.00 AM **Alice in Wonderland** Cartoon version of Lewis Carroll's tale. (1951, U, 75min) ★★★★
7.20 **Bambi** Feature-length cartoon. (1942, U, 69min) ★★★★★
8.35 **Ratatouille** Animated comedy. (2007, U, 106min) ★★★★★
10.25 **The Lion King** Animation. (2019, PG, 118min) ★★★
12.00 NOON **A Bug's Life** Animation. (1998, U, 94min) ★★★★★

1.35 PM **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
4.00 **WALL-E** Animated adventure. (2008, U, 98min) ★★★★★
5.40 **Up** Animated comedy adventure. (2009, U, 96min) ★★★★★
7.20 **Percy Jackson: Sea of Monsters** Fantasy sequel. (2013, PG, 102min) ★★★
9.00 **John Carter** Sci-fi fantasy adventure starring Taylor Kitsch. (2012, 12, 126min) ★★★

11.10 **A Complete Unknown** Biopic. (2024, 15, 140min) ★★★★
1.30 AM **The Grand Budapest Hotel** Wes Anderson's comedy drama. (2014, 15, 99min) ★★★★★
3.15 **Monsters, Inc** Animaton. (2001, U, 95min) ★★★★★
4.50 **to 6.00** AM **Bambi** (1942)

Movies 24

312 313 419

7.00 AM **She's Making a List** Comedy. (2025, U, 89min) ★★
9.00 **A Dance in the Snow** Drama. (2024, PG, 84min) ★★
11.00 **Santa Tell Me** Romantic drama. (2024, PG, 84min) ★★
1.00 PM **Holiday Touchdown: A Bills Love Story** Festive drama. (2025, PG, 90min) ★★
3.00 **To All a Good Night** Romantic drama. (2023, PG, 90min) ★★

5.00 **A Keller Christmas Vacation** Drama. (2025, PG, 89min) ★★
7.00 **Mystery on Mistletoe Lane** Festive mystery starring Erica Cerra. (2023, PG, 90min) ★★
9.00 **Happy Howlidays** Romantic drama starring Jessica Lowndes and Ezra Moreland. A website editor and a dog shelter owner who are both alone at Christmas bond over caring for their dogs. (2024, PG, 84min) ★★
11.00 **Christmas in Maple Hills** Drama. (2023, PG, 90min) ★★

1.00 AM **Deck the Walls** Festive drama starring Ashley Greene. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **Christmas Above the Clouds** Festive drama. (2025, PG, 90min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Model for Murder** Mystery. (1958, b/w, PG, 73min) ★★★
7.30 **Happy in the Morning: Henry Hall Ascot Heaters**
7.45 **Meet Mr Callaghan** Drama. (1954, b/w, U, 90min) ★★★
9.30 **The Spider and the Fly** Thriller. (1949, b/w, PG, 95min) ★★★
11.30 **Star Performance** 11/25. (S1)
12.00 NOON **Railway Murders**
1.00 PM **Adventures of William Tell**

1.30 **Home and Away** Comedy. (1956, b/w, PG, 100min) ★★
3.10 **Jodie Foster: Hollywood Under the Skin** A profile.
4.15 **Doctor in Clover** Comedy. (1966, PG, 101min) ★★★
6.15 **Look at Life**
6.25 **Whiplash** 25/34. (S1)
6.55 **The Man from UNCLE** (S2)
7.55 **Buccaneer** 2/13. (S1)
9.00 **Night of the Eagle** Offbeat thriller starring Janet Blair. (1961, b/w, 15, 83min) ★★★
10.45 **Fortean TV**

11.20 **The One That Got Away** Fact-based wartime drama. (1957, b/w, U, 110min) ★★★
1.35 AM **Bluebeard** Darkly comic thriller. (1972, 18, 125min) ★
3.55 **Daily Sketch Jigsaw Puzzle**
4.00 **Target: The Corruptors** (S1)
5.00 **to 6.00** AM **The Rogues**

TUESDAY Sport 28 July

Tuesday

Sky Sports Main Event

401 401 501 419 439

- 6.00 AM **Sky Sports News**
- 7.00 **Sky Sports Breakfast**
- 10.00 **Sky Sports News**
- 12.00 NOON **Lunchtime Live**
- 2.00 PM **Sports Desk**
- 3.00 LIVE **The Hundred** Sunrisers Leeds v Manchester Super Giants. Coverage of the women's match from Headingley in Leeds, as the local rivals go head to head. Start-time **3.00pm**.
- 6.00 LIVE **The Hundred** Sunrisers Leeds v Manchester Super Giants. Coverage of the men's match at Headingley. The Super Giants, who were known as the Manchester Originals last season, came out on top in the two meetings between the teams in 2025. Start-time **6.30pm**.
- 9.30 **Sports Centre**
- 10.00 **Sky Sports News**
- 11.00 LIVE **WTA & ATP Tennis** Coverage of day two of the Washington DC Open, a hard-court tournament held at William H.G. FitzGerald Tennis Center.
- 2.00 AM LIVE **WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours.
- 3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

- 6.00 AM **PL Greatest Games**
- 7.00 **PL Best Goals 09/10**
- 8.00 **Premier League 100 Club**
- 9.00 **Netbusters** Fast-paced highlights using alternative angles, featuring every goal from every game of the 2025/26 top-flight season.
- 6.30 PM **Transfer 360** The story of John Obi Mikel's move to Chelsea.
- 7.00 **Premier League Stories**
- 7.30 **Premier League 100 Club** A look at Manchester City striker Erling Haaland's goals.
- 8.00 **Premier League Review** A look at some of the finest strikes throughout the 2025/26 season.
- 9.00 **Premier League Stories** The story of lifelong Manchester United fans the Singh brothers.
- 9.30 **Transfer 360** The inside story of why Emmanuel Adebayor left Arsenal for Manchester City.
- 10.00 **Gary Neville's Soccerbox** The former defender is joined by Chelsea legend John Terry.
- 11.00 **Premier League Years** A look back at the 2016/17 season.
- 1.00 AM **PL Retro** A replay of Arsenal v Manchester United from 2005.
- 3.00 **PL Greatest Games**
- 4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

- 6.00 AM **EFL** Championship play-offs.
- 8.30 **The Story of Frank Soo**
- 9.00 **SPFL Highlights**
- 9.30 **EFL Greatest Games**
- 10.00 **EFL Cup Highlights**
- 11.00 **Best Goals: EFL Cup 23/24**
- 11.30 **EFL Trophy** The 2023/24 final.
- 12.00 NOON **How the Scottish Premiership Was Won**
- 1.30 PM **Best Scottish Premiership Goals 2025/26**
- 2.00 **There's Only One Sauzee**
- 2.30 **Craig Brown: My Scotland**
- 3.00 **John Robertson: Hammer of Hibs** The striker's derby goals.
- 3.30 **Edinburgh Derby Best Goals**
- 4.00 **SPFL Greatest Games**
- 5.00 **EFL Greatest Games**
- 6.00 **SPFL Best Goals**
- 7.00 **How the Scot Prem Was Won**
- 8.30 **Best Scottish Premiership Goals 2025/26**
- 9.00 **150 Years of the Edinburgh Derby** Hearts v Hibernian.
- 10.00 **SPFL Greatest Games**
- 11.00 **EFL Greatest Games**
- 12.00 M'T **EFL Cup Retro**
- 2.00 AM **Best SPFL Goals**
- 3.00 **SPFL Greatest Games**
- 3.30 **EFL Greatest Games**
- 4.00 **Championship Season Review**
- 5.00 **to 6.00** AM **Greatest Games**

Sky Sports Cricket

405 405 505 422 442

- 6.00 AM **The Hundred** A replay of Southern Brave v MI London.
- 9.15 **The Hundred Bitesize**
- 10.00 **The Hundred** A chance to see Southern Brave v MI London.
- 1.30 PM **The Hundred Bitesize**
- 2.45 LIVE **The Hundred** Sunrisers Leeds v Manchester Super Giants. Coverage of the women's match from Headingley in Leeds. Start-time **3.00pm**.
- 6.00 LIVE **The Hundred** Sunrisers Leeds v Manchester Super Giants. Coverage of the men's match from Headingley, Leeds. The Super Giants, who were known as the Manchester Originals last season, came out on top in the two meetings between the two teams in 2025. They won their home game by 57 runs and the game at this venue by seven wickets. Start-time **6.30pm**.
- 9.30 **The Hundred Bitesize**
- 10.00 **The Hundred** Sunrisers Leeds v Manchester Super Giants.
- 1.30 AM **The Hundred Bitesize**
- 2.00 **The Hundred** Sunrisers Leeds v Manchester Super Giants.
- 5.15 **Best of ICC WT20**
- 5.45 **to 6.00** AM **The Hundred**

Sky Sports Golf

406 406 506 423 443

- 6.00 AM **School of Golf**
- 7.00 **Best of the Sky Zone**
- 8.00 **Playing Lessons**
- 9.00 **Nick Dougherty's Tee Time Tips**
- 10.00 **European Seniors Golf**
- 11.00 **PGA Tour Golf** The 3M Open.
- 12.00 NOON **Golf Academy**
- 1.00 PM **Best of the Sky Zone**
- 1.30 **The Improvers** Expert tips.
- 2.00 **Best of the Open Zone**
- 5.00 **PGA Tour Golf** The 3M Open.
- 6.00 **Ladies European Tour Golf**
- 7.00 **Solheim Cup Golf** The third day.
- 9.00 **Golf** The US Adaptative Open.
- 11.00 **PGA Tour Golf** The 3M Open.
- 12.00 M'T **European Seniors Golf**
- 1.00 AM **How the 2010 Ryder Cup Was Won** Archive action.
- 3.00 **PGA Tour Golf** Highlights.
- 4.00 **Golf Academy** Expert tips.
- 5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

- 6.00 AM LIVE **ATP Tennis** Day one of the Los Cabos Open at Cabo Sports Complex, Mexico.
- 8.00 **WTA & ATP Tennis**
- 4.00 PM LIVE **WTA & ATP Tennis** Coverage of day two of the Washington DC Open, a hard-court tournament held at William H.G. FitzGerald Tennis Center.
- 2.00 AM LIVE **WTA & ATP Tennis** Coverage from the latest events of the Tours, including the WTA and ATP Washington DC Open, and the ATP Los Cabos Open.
- 3.00 **to 6.00** AM LIVE **ATP Tennis** Day two of the Los Cabos Open at Cabo Sports Complex in Mexico.

TNT Sports 1

410 413 521 408 430

- 6.00 AM **UCI Mountain Bike World Series Review** From Switzerland.
- 6.30 **The WRC Magazine**
- 7.00 **IFSC Climbing World Series**
- 8.00 **NWSL** Recent highlights.
- 10.00 LIVE **Fencing World Championship** Coverage from the fourth day of the event at AsiaWorld-Expo in Hong Kong.
- 2.00 PM **TNT Sports Cricket Reload**
- 2.30 LIVE **Test Cricket** West Indies v Pakistan. Coverage of the fourth day of the first Test in the two-match series at Brian Lara Cricket Academy in Trinidad and Tobago. The hosts are chasing their first series victory against Pakistan since 2000.
- 11.00 **Premier League Stories**
- 11.30 **FA Cup: The People's Story – Sunderland** The 1973 final.
- 11.45 **FA Cup: The People's Story – Everton** The 1966 final.
- 12.00 M'T **MLB Lead Off**
- 12.30 AM LIVE **MLB** St Louis Cardinals v Chicago Cubs. Coverage of the National League match from Busch Stadium. Start-time **12.45am**.
- 3.30 **MLB Closer** A look back.
- 4.00 **to 6.00** AM LIVE **Snooker**

TNT Sports 2

411 414 522 409 431

- 6.00 AM **Commonwealth Games**
- 8.30 LIVE **Commonwealth Games** Coverage from the day session on day five of the Games in Glasgow. Events taking place today include the men's 88kg final in the weightlifting, the first round of the men's 800 and 400 metre races, the men's vault final and women's balance beam final in the artistic gymnastics, plus South Africa v Northern Ireland and Wales v Trinidad & Tobago in the netball.
- 6.00 PM LIVE **Commonwealth Games** Coverage from the night session on day five of the Games.
- 10.30 **Commonwealth Games – Daily Highlights**
- 11.30 **Commonwealth Games – Netball** Action from South Africa v Northern Ireland.
- 12.00 M'T **Commonwealth Games – Artistic Gymnastics** Action from the eighth session on the fifth day of the Games.
- 1.00 AM **Commonwealth Games – Swimming & Para Swimming**
- 2.00 **Commonwealth Games – Athletics & Para Athletics**
- 3.00 **to 6.00** AM **Commonwealth Games**

Sky Sports Action

412 410 510 426 446

- 6.00 AM **Super League** Wigan Warriors v Leigh Leopards.
- 9.00 **Super League** St Helens v Hull Kingston Rovers from 2025.
- 12.00 NOON **NFL Highlights**
- 1.00 PM **Good Morning Football**
- 3.00 **NFL Highlights** Carolina Panthers v Seattle Seahawks.
- 4.00 **Super League Highlights**
- 5.00 **NFL Bitesize Highlights**
- 5.15 **Super Bowl LX Bitesize** Seattle Seahawks v New England Patriots.
- 5.30 **Super League Highlights**
- 6.00 **NBC's Pro-Football Talk**
- 8.00 **NBA Basketball** Los Angeles Lakers v Golden State Warriors.
- 10.00 **NBA on Fire** A behind-the-scenes look at the latest action.
- 10.30 **NFL Bitesize Highlights** New England Patriots v New York Jets from the 2025/26 season.
- 10.45 **Super League Highlights** Action from Hull Kingston Rovers v Leeds Rhinos in 2024.
- 11.00 **NFL Highlights** Carolina Panthers v Seattle Seahawks.
- 12.00 M'T **The Insiders** NFL news.
- 1.00 AM **Super League Highlights**
- 2.00 **Super League** A chance to see St Helens v Leeds Rhinos in 2025.
- 4.45 **Women's Super League**
- 5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

- 6.00 AM **Sky Sports News**
- 7.00 **Sky Sports Breakfast**
- 8.00 **Premier League Darts** A replay of night 15 from Utilita Arena.
- 12.00 NOON **WTA & ATP Tennis** The Italian Open finals at Foro Italico.
- 2.00 PM **HotelPlanner Tour Golf**
- 4.00 LIVE **WTA & ATP Tennis** Coverage of day two of the Washington DC Open, a hard-court tournament held at William H.G. FitzGerald Tennis Center in the USA. Americans McCartney Kessler and Caroline Dolehide were involved in the only match to require a third set in the opening round of the women's draw last year, and it was the latter who prevailed 7-6 5-7 6-3. Emma Raducanu and Katie Boulter were the only British entrants and experienced contrasting fortunes, with Raducanu booking her place in round two with 7-6 6-4 win over Marta Kostyuk, while Boulter suffered an early exit after losing 3-6 4-6 to Maria Sakkari.
- 4.00 AM **Formula 1** The Hungarian Grand Prix held at Hungaroring.
- 5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

- 6.00 AM **EFL Greatest Games**
- 7.00 **PGA Tour Golf** The 3M Open.
- 8.00 **Formula 1** Hungarian Grand Prix.
- 9.00 **PGA Tour Golf** Highlights.
- 10.00 **The Open** The fourth day.
- 11.00 **NBA Basketball**
- 12.55 PM **EFL Greatest Games**
- 1.00 **PGA Tour Golf** The 3M Open.
- 2.00 **PL Greatest Games**
- 3.00 **Super League** A match replay.
- 5.40 **EFL Greatest Games**
- 5.45 **State of Origin Rugby League**
- 6.00 **NBA Basketball** A replay of Atlanta Braves v Orlando Magic.
- 8.00 **PGA Tour Golf** The 3M Open fourth day at TPC Twin Cities.
- 9.00 **Formula 1** The Hungarian Grand Prix at Hungaroring in Mogyoród.
- 10.00 **The Open** The fourth day.
- 11.00 **PGA Tour Golf** Highlights.
- 12.00 M'T **EFL Greatest Games**
- 1.00 AM **NBA Basketball**
- 3.00 **PL Greatest Games**
- 4.00 **ATP Tennis** Marrakech Open.
- 5.45 **to 6.00** AM **EFL Greatest Games**

TNT Sports 3

413 415 523 410 432

- 6.00 AM **Motocross World Championship** From Czechia.
- 9.00 **The WRC Magazine**
- 9.30 **A-Z: Commonwealth Games**
- 9.45 LIVE **Commonwealth Games – Athletics & Para Athletics** Coverage from the third session on the fifth day in Glasgow.
- 12.45 PM **The Gruppetto**
- 1.00 **Tour de France Women**
- 1.30 LIVE **Men's Cycling Pro Series** Stage one of the Tour of Ain.
- 3.15 **MLB Highlights**
- 4.15 **European Rally Championship**
- 4.45 **UCI Mountain Bike World Series**
- 5.15 **Rolex SailGP Championship**
- 6.15 LIVE **Commonwealth Games – Athletics & Para Athletics** Coverage from Scotstoun Stadium.
- 9.45 LIVE **Snooker**
- 11.45 **Champions League**
- 12.00 M'T **UFC** Ankalaev v Rountree Jr.
- 3.00 AM **Fishing: On the Bank**
- 4.00 **Men's Cycling Pro Series**
- 5.00 **to 6.00** AM **Champions League**

TNT Sports 4

414 416 524 411 434

- 6.00 AM **Tour de France Men**
- 7.00 LIVE **Snooker** Coverage of the latest tournament.
- 10.30 **Test Cricket Highlights** Action from West Indies v Pakistan in the third day of the first Test.
- 11.30 **UEFA Champions League**
- 12.30 PM LIVE **Snooker** Coverage of the latest tournament.
- 4.00 **NWSL** Portland Thorns v Gotham. **5.00** Highlights from San Diego Wave v Seattle Reign.
- 6.00 **Premier League Stories**
- 6.30 **The WRC Magazine** The latest news and action from Rally Finland.
- 7.00 **MLB Highlights**
- 8.00 **Men's Cycling Pro Series** Action from the opening stage of the Tour of Ain, a route which begins in Villars-les-Dombes and ends in Bourg-en-Bresse.
- 9.00 **UFC: The Ultimate Fighter**
- 10.00 **ABB FIA Formula E World Championship Highlights**
- 12.00 M'T **to 6.00** AM **AFL**

Premier Sports 1

419 APP 528

- 6.00 AM **DTM Motorsport Highlights**
- 9.30 **KOTV Weekly**
- 10.00 **NASCAR Highlights**
- 11.00 **Scottish Rally Championship**
- 11.30 **LaLiga** Real Madrid v Barcelona.
- 1.30 PM **Football's Greatest**
- 2.00 **FIM Sidecarcross Championship**
- 3.00 **World Surf League**
- 4.00 **Sporting Countdowns**
- 5.00 **Rugby Junior World Championships** Action from the final of the tournament.
- 7.00 **Sporting Greats**
- 7.30 **Football** Sevilla v Ceuta.
- 9.30 **Sporting Greats**
- 10.00 **Motorsport** Valentino Rossi.
- 10.30 **Sporting Countdowns**
- 11.00 **NASCAR Highlights** Action from the Brickyard 400.
- 12.00 M'T **Swedish Speedway**
- 2.00 AM **Motorsport** Drew Gibson.
- 3.00 **European Le Mans Series**
- 4.00 **NASCAR Highlights**
- 5.00 **to 6.00** AM **FIM Sidecarcross Championship**

Premier Sports 2

420 APP 529

- 6.00 AM **Temples of Sport**
- 6.30 **NASCAR O'Reilly Series**
- 9.30 **Bike World** Magazine.
- 10.00 **Brasileiro Serie A**
- 2.00 PM **Football's Greatest**
- 2.30 **LaLiga** Real Madrid v Barcelona. **4.40** Barcelona v Real Madrid.
- 6.25 **Football's Greatest**
- 6.55 **Eredivisie Highlights**
- 7.55 LIVE **Swedish Speedway** Dackarna v Vastervik.
- 10.00 **Bike World** Magazine.
- 10.30 **Football's Greatest**
- 11.00 **LaLiga Match Highlights**
- 11.10 **Argentine Primera**
- 1.10 AM LIVE **Argentine Primera Division** Rosario Central v Racing. Coverage of the match at Gigante de Arroyito. Kick-off **1.15am**.
- 3.15 **Football's Greatest**
- 3.45 **Africa Eco Race**
- 4.00 **Eredivisie Highlights**
- 5.00 **GP Insights** The latest news.
- 5.30 **to 6.00** AM **Bike World**

Sky Sports F1

407 407 507 424 444

- 6.00 AM **Formula 1** Highlights.
- 9.00 **British Kart Championships**
- 10.00 **The F1 Show** Race preview.
- 11.00 **Formula 1** Hungarian Grand Prix.
- 1.00 PM **Ted's Notebook**
- 1.30 **Cycling with Valterri Bottas**
- 1.40 **An F1 Glossary with Ted & Bella James**
- 1.45 **Formula 1** Hungarian Grand Prix.
- 4.00 **Ted's Notebook**
- 4.30 **British Kart Championships**
- 5.30 **Ginetta Juniors Highlights**
- 6.30 **GB3 Championship Highlights**
- 7.30 **Formula 1** The Hungarian Grand Prix at Hungaroring in Mogyoród.
- 8.30 **Ted's Notebook**
- 9.00 **Indycar** Music City Grand Prix.
- 10.00 **Formula 1** From Hungary.
- 12.15 AM **Ted's Notebook**
- 12.45 **The Cornwall Air Ambulance**
- 1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday

29 July

Planner

Commonwealth Games

***BASKETBALL** BBC Alba, TNT Sports & HBO Max*

Canada's women's 3x3 wheelchair basketball team (including Kady Dandeneau, above), who are defending Commonwealth and world champions, will be ones to watch on the final day on the courts.

The Devil's Mouth

***THRILLER** Prime Video*

A group of college students jet off to Thailand for a summer adventure. But they didn't bet on their dream vacation turning into their worst nightmare when they are trapped in a labyrinth of caves – with a shark for company. Stars Kathryn Newton.

The Devil Wears Prada 2

***COMEDY DRAMA** Disney+*

Twenty years on from the 2006 original, Andy (Anne Hathaway) returns to *Runway*, hired behind Miranda Priestley's (Meryl Streep) back to save the title's credibility. Emily Blunt and Stanley Tucci also return to reprise their roles.

Extraordinary Extensions

***FACTUAL** C4, 8pm*

Musician and property developer Tinie Tempah meets more homeowners who are choosing to creatively extend their homes, starting with a couple who have a *Great Gatsby*–inspired vision for their west London home.

Wednesday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 Murder 24/7		10.00 News; Local News	
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Saving Lives at Sea		9.00 The Gunpowder Plot: Lucy Worsley...		10.00 Inside No. 9	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Deal or No...	8.00 Emmerdale	8.30 Coronation...	9.00 Who Wants to Be a Millionaire? †		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Extraordinary Extensions		9.00 The Undeclared War		10.00 24 Hours in A&E	
	105 5	7.00 Car Pound Cops		8.00 Casualty 24/7: Every Second Counts		9.00 The Crow Girl		10.00 Commonwealth Games	
	106 SKY ONE	7.00 The Simpsons		8.00 A League of Their Own: The Rally		9.00 Film: The Equalizer			
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Top Gear		9.00 Film: I Am Legend			10.30 Kidnapped by...
	116 BBC4	7.00 Great British...	7.30 Walking with...	8.00 The Treasures of Ancient Rome		9.00 Caligula with Mary Beard		10.15 I, Claudius	
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 The Princess Diaries		10.00 Family Guy	
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 My Floating Home		10.00 24 Hours in Police Custody: Murder...	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck Down Under		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Fire Country		10.00 FBI: International	
	108 SKY ATLANTIC	‹ 6.50 The Gilded Age				9.00 House of the Dragon		10.15 Station Eleven	
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army	8.20 Are You Being Served?		9.00 The Office	9.40 Porridge		10.20 Not Going Out
	111 U&DAVE	7.00 Mortimer &...	7.40 Would I Lie to You?			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Grantchester	
	120 ITV4	7.00 King of the Roads		8.00 Goodwood Festival of Speed		9.00 Film: The Long Good Friday			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 8 Out of 10 Cats	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Resident Alien		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 Sister Boniface Mysteries		9.00 The Chelsea Detective		10.00 New Tricks	
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Alec Guinness: A Class Act				10.00 The Eighties	
	132 U&W	7.00 DIY SOS: The Big Build		8.00 999 Rescue Squad		9.00 Signora Volpe			
DOCUMENTARY	125 DISCOVERY	7.00 Last Chance Garage				9.00 Wheeler Dealers		10.00 Mighty Truckers	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Preposterous Pets		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Lost Treasures of Ancient Greece		9.00 The City Under the Sea: Drain the...		10.00 Mysteries of Ancient Medicine	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Storage Wars		9.00 History's Greatest Warriors		10.00 Kursk: 10 Days That Shaped Putin	
	155 U&YESTERDAY	7.00 Asia		8.00 Explore		9.00 Simon Reeve's South America		10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	7.00 House of Kardashian				9.00 Katie Price: Nothing to Hide			10.15 Becoming Madonna

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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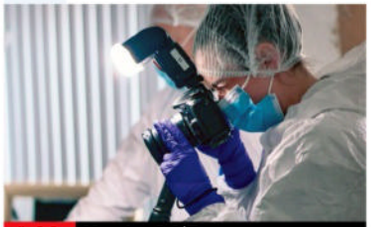
Wednesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **Trace, Track, Get My Car Back** A Toyota Hilux is stolen from outside Aston Villa's football ground. (S)(R)
10.45 **Expert Witness** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition The team work on restoring old toys and a vintage TV. (S)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** New edition An enamel advertising sign. (S)
4.30 **The Travelling Auctioneers** (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)



9.00 Murder 24/7

7 PM

7.00 **The One Show** Alex Jones and Vernon Kay present the topical show. (S)
7.30 **EastEnders** Gray continues to manipulate Sheila, and Linda has her head turned while helping at the community centre. (S)(AD)

8 PM

8.00 **The Repair Shop** The experts restore a mandriola that once belonged to folk musician Vin Garbutt, two small rattan chairs from Tanzania, a pilot's cap and a US-style neon pinball machine. (S)(R)(AD)

9 PM

9.00 **Murder 24/7** New edition 4/8. The fatal stabbing of Cheryl McKenna in Worcestershire in 2024 – reported to the police by her ex-partner Chris Hemming, who admitted in the call that he was the one responsible. (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM Eye in the Sky** Thriller starring Helen Mirren and Alan Rickman. A mission to wipe out a terrorist cell is complicated when a girl enters the blast radius of a planned drone strike. With Aaron Paul, Barkhad Abdi, Jeremy Northam and Iain Glen. (S) (2015, 15, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.15 AM **The Hit List Celebrity Special** Marvin and Rochelle Humes host the music quiz show, with guests La Voix, Jenny Ryan, Rav Wilding, Chesney Hawkes, Fatiha El-Ghorri and Harriet Kemsley. (S)(R)
1.00 **Weather for the Week Ahead** (S)
1.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Money for Nothing** (S)(R)
7.15 **The Bidding Room** (S)(R)
8.00 **Sign Zone: Great Japanese Railway Journeys** (S)(R)(AD)
8.30 **Sign Zone: Great Continental Railway Journeys** (S)(R)(AD)
9.00 **BBC News** (S)
1.00 PM **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Game show. (S)(R)
2.15 **Lightning** Quick-fire quiz. (S)(R)
2.45 **The Hairy Bikers' Bakeation** (S)(R)
3.45 **The Farmers' Country Showdown** From Somerset. (S)(R)
4.15 **Earth from Space** (S)(R)(AD)
5.15 **Flog It!** From Blackpool. (S)(R)
6.00 **Richard Osman's House of Games** Quiz show. (S)(R)
6.30 **Just One Thing** Roman Kemp helps a children's entertainer to get a good night's sleep. (S)(R)(AD)

10.00 Inside No 9

7.00 **Celebrity Antiques Road Trip** John Bercow, the former speaker of the House of Commons, and gold medal-winning hurdler Sally Gunnell take on the antiques-hunting challenge, with experts Izzy Balmer and Raj Bisram. (S)(R)

8.00 **Saving Lives at Sea** The Newhaven crew make a desperate attempt to rescue a yachtsman before his vessel is smashed on the rocks, while a kayaker who has fallen on rocks and suffered a serious neck injury needs help. (S)(R)(AD)

9.00 **The Gunpowder Plot: Lucy Worsley Investigates** 2/4. The historian investigates the 1605 plot in which a group of radical Catholic conspirators, including Guy Fawkes, came within hours of blowing up the Houses of Parliament. (S)(R)(AD)

10.00 **Inside No. 9** *Mr King:* 2/6. Alan arrives to teach at a small school in rural Wales, but finds himself overshadowed. (S7) (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **Uncanny** 2/3. The case of a man who believes his house was haunted by an entity. (S)(R)(AD)
12.00 M'T **The Devil in the Family: The Fall of Ruby Franke** 1/3. Charting the story of popular vlogger Ruby Franke, who was arrested for child abuse in August 2023. (S)(R)(AD)
12.55 AM **Sign Zone: Do You Know Your Place?** From Leicester. (S)(R)
1.25 **Sign Zone: Scamanda** (S)(R)(AD)
2.05 **Sign Zone: The Rapture** (S)(R)
3.05 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
1.00 PM **ITV News** (S)
1.20 **Local News** (S)
1.30 **LIVE Racing: Glorious Goodwood** Ed Chamberlin and Francesca Cumani present coverage of day two of the meeting, including feature race the Sussex Stakes, and four more supporting races. (S)
4.30 **Tipping Point: Best Ever Finals** The most dramatic endgames from the arcade-themed game show hosted by Ben Shephard, as players take on the machine for its £10,000 jackpot. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

10.45 Live and Let Die

7.30 **Deal or No Deal: Banker's Best Battles** New edition Stephen Mulhern looks back at the battles between Claire and Leon and the Banker, but it remains to be seen whether they emerge victorious. (S)

8.00 **Emmerdale** Serena is frustrated, while Joe unsettles everyone by calling an impromptu family lunch. (S)(AD)
8.30 **Coronation Street** A family celebration for Ross's birthday proves too much for Cassie to bear. (S)(AD)

9.00 **Who Wants to Be a Millionaire?** Big-prize quiz hosted by Jeremy Clarkson in which another line-up of contestants answer questions that could change their lives. (S)(R)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Live and Let Die** James Bond adventure starring Roger Moore. Agent 007 tackles a criminal mastermind who is planning to flood the US with heroin. With Jane Seymour and Yaphet Kotto. (S)(AD) (1973, PG, 140min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.05 AM **Teleshopping**
3.00 **Love & Death** *Stepping Stone:* 3/7. Candy is forced to take stock of her marriage. (S1) (S)(SL)(R)(AD)
4.00 **Inside the Langham: Britain's First Grand Hotel** (S)(SL)(R)(AD)
4.25 **Unwind with ITV** (S)
5.35 **to 6.00** AM **Tom Kerridge Cooks Italy** From Tuscany. (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 23-25/28. (S11) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 5-8/24. (S3) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Louisiana. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A Hampshire couple seek a holiday home on Spain's Costa del Sol. (S)(R)
4.00 **Narrow Escapes** Flora, Faraz and their family go shopping for a boat at Whilton Marina. (S)(R)(AD)
5.00 **Chateau DIY** Erin and JB renovate one of the turrets at Château de Bourneau. (S)(R)(AD)
6.00 **American Pickers** New edition Mike Wolfe and Frank Fritz try to rescue a classic Ford. (S)(AD)

9.00 The Undeclared War

7.00 **News** (S)

8.00 NEW SERIES **Extraordinary Extensions** Return of the property series. Tinie Tempah joins a couple of art-deco obsessives as they transform their west London terrace into a *Great Gatsby*-inspired 1920s palace. (S)(AD)

9.00 **The Undeclared War** New episode 4/6. Barbara tracks down Nicky, but her erratic behaviour worries Danny. The Chinese malware causes havoc in British government departments. (S2) (S)(AD)
■ Entire series on C4 streaming

10.00 **24 Hours in A&E** Sara, 46, is rushed in after a car crash with serious head and chest injuries, and 54-year-old Simon comes in after falling off his bike on his way to buy a helmet. (S)(R)(AD)
11.05 **24 Hours in A&E** (S)(R)(AD)
12.05 AM **Murder Case: The Digital Detectives** (S)(SL)(R)(AD)
1.00 **Dover 24/7: Britain's Busiest Port** Documentary. (S)(SL)(R)(AD)
1.55 **Ramsay's Kitchen Nightmares USA** From Ohio. (S)(R)
2.50 **Britain's Most Expensive Houses**
3.45 **Grand Designs** (S)(R)(AD)
4.40 **Couples Come Dine with Me** (R)
5.35 **Sunday Brunch** (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.20 FILM **Memories of Murder** Fact-based thriller with Andrea Bogart and Allie Forsberg. (S) (2023, 12, 100min) ★★
4.00 **Castle** *Kill Switch:* 8/23. A gunman takes subway passengers hostage. (S7) (S)(R)
4.55 **Love Nature** A story of nature helping itself in the context of climate change. (S)(R)
5.00 **News** (S)
6.00 **Malta: The Jewel of the Med** Cameras explore Malta's olive groves, and one of the country's grandest stately homes. (S)(R)
6.55 **News** (S)

8.00 Casualty 24/7

7.00 **Car Pound Cops** A quad-bike rider is flagged down for a lack of number plates on his vehicle, and a police sergeant is involved in a midnight chase. (S)(R)
7.55 **News** (S)

8.00 **Casualty 24/7: Every Second Counts** New edition Paramedics rush in 71-year-old Enid for the second time in a week, and a three-year-old is brought in after getting a conker stuck up his nose. (S)

9.00 **The Crow Girl** Series finale *I'll See You There:* 6/6. Jeanette manages the fallout from Lou's actions, Victoria seeks revenge, and a discovery at the Burkeman farm brings the investigation to a head. (S1) (S)(AD)

10.00 **Commonwealth Games** A look back at highlights of the sixth day in Glasgow, which included weightlifting, athletics and para athletics, plus the final swimming and para swimming events (S)

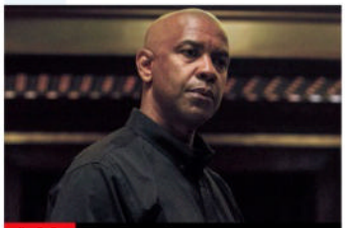
11.05 **Cause of Death** The death of a 63-year-old man. (S)(R)
12.05 AM **A&E After Dark** (S)(R)(AD)
1.00 **Teleshopping** (S)(R)
2.00 **Shoplifters: Catch Me If You Can** Guards keep a close eye on a newly-opened toy store. (S)(R)
2.50 **Malta: The Jewel of the Med** Malta's olive groves. (S)(R)
3.45 **Friends** (S8) (S)(R)(AD)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S5) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S10) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Big Cat Country** (S)(R)
1.00 PM **Hawaii Five-0** (S6) (S)(R)
3.00 **S.W.A.T.** (S8) (S)(R)(AD)
5.00 **The Simpsons** *Homer to the Max:* Homer begins calling himself Max Power. (S)(R) **5.30** *Lisa Gets an A:* Lisa cheats in an exam. (S)(R)
6.00 **Animal Control** 2/10. Emily avoids Frank when her rich new benefactor visits. (S)(R) **6.30** 3/10. When Frank has to take a dog to the farm, he instead tries to find the pup a new forever home. (S3) (S)(R)



9.00 The Equalizer

7.00 **The Simpsons** *I'm with Cupid:* Valentine's Day-themed edition. With the voice of Elton John. (S)(R) **7.30** *Marge Simpson in 'Screaming Yellow Honkers':* Marge's driving habits come under scrutiny. (S)(R)

8.00 **A League of Their Own: The Rally** Jamie Redknapp, Jill Scott, Micah Richards and Tom Davis compete in the ALOTO Rally Cup, making their way in pairs from London to Turin. (S)(R)(AD)

9.00 FILM **The Equalizer** Action thriller starring Denzel Washington, Chloë Grace Moretz and Marton Csokas. An ex-secret agent fights to bring down a crime syndicate after coming to the aid of an abused sex worker. (S) (2014, 15, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.20 **Animal Control** (S3) (S)(R)
12.20 AM **Grimm** 1/13. Captain Renard claims power as the mayor-elect of Portland, posing a new threat to Nick and his allies. (S6) (S)(R)
1.10 **The Force: Manchester** Following the work of Greater Manchester Police. (S)(R)
2.05 **Road Wars** Armed police surround a man who is carrying a gun. (S)(R)(AD)
3.00 **Hawaii Five-0** (S6) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
8.00pm Scam Interceptors (S)(R) **8.30-9.00pm** Hunting the Giant Bluefin Tuna: Our Lives New edition (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm The Band: Docu-soap. (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Camau Bach **12.00noon** Newyddion a'r Tywydd **12.05pm** Cartrefi Cymru **12.30** Heno **1.00** Gwlad y Basg: Gwilym Bowen Rhys **1.30** Garddio a Mwy **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Chris a'r Afal Mawr (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Dan Do **6.30** Pobol y Cwm (AD) **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Gemau'r Gymanwlad New edition **10.30** Ras Yr Wyddfa **11.30pm-12.35am** Ty Ffit

TV&Streaming week
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BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall presents his favourite moments from the series. **7.30** The challenges of filming in freezing cold Alaska and the rainforests of Brazil.
8.00 **Top Gear** Actor Rowan Atkinson takes the wheel of the Reasonably Priced Car.
9.00 FILM **I Am Legend** Sci-fi horror thriller starring Will Smith. A military scientist fears he is the last man on Earth after a deadly virus kills most of humanity and turns the survivors into vicious nocturnal predators. (2007, 15, 101min) ★★★★
10.30 **Kidnapped by My Mum** 1/2. The story of Alex Batty, who went missing when he was 11 on what was supposed to be a family holiday with his mother and grandfather.
12.10 AM **Stacey Dooley: Ready for War?** Documentary.
1.10 **Roman Kemp: The Fight for Young Lives**
2.10 **to 3.45** AM **Kidnapped by My Mum**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary show from the Welsh Valleys.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **George Clarke's Old House, New Home** George returns to a grand Victorian villa in Ormskirk to follow the next stage of its renovation, and also visits a typical Victorian mansion block in London.
6.55 **Location, Location, Location** Kirstie and Phil search for a flat in north London and a detached home in north Wales.
7.55 **Grand Designs** Following a couple who want to build a cutting-edge, post-industrial house in the South Downs.
9.00 **My Floating Home** Series finale 4/4. Mark Evans meets a couple who want an electric narrowboat quiet enough to suit their dog.
10.00 **24 Hours in Police Custody: Murder Is No Game** 1/2. One of the biggest murder inquiries ever conducted in Bedfordshire.
11.30 **24 Hours in Police Custody: Murder Is No Game** 2/2. Documentary.
12.30 AM **999: On the Front Line**
1.30 **to 4.00** AM **24 Hours in Police Custody: Murder Is No Game**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Travelling to Uttoxeter from Liverpool.
7.30 **Walking with Jim Moir** Exploring the Kent coast.
8.00 **The Treasures of Ancient Rome** 1/3. Alastair Sooke explores the artistic achievements of the Romans.
9.00 **Caligula with Mary Beard** A look at the life of the Roman emperor.
10.00 **Sir Derek Jacobi Remembers... I, Claudius** The veteran actor looks back at the 1970s drama.
10.15 **I, Claudius** *A Touch of Murder:* 1/12. Acclaimed drama charting the intrigue that surrounded the reigns of the Roman emperors. Stars Derek Jacobi. (S1)
11.55 **I, Claudius** 2/12. (S1)
12.45 AM **The Treasures of Ancient Rome** As 8.00pm.
1.45 **Caligula with Mary Beard**
2.45 **Great British Railway Journeys** As 7.00pm.
3.15 **to 3.45** AM **Walking with Jim Moir**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From south London.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **America's Funniest Home Videos** Thanksgiving special.
11.00 **Below Deck Down Under**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
6.30 **Hollyoaks**
7.00 **Hollyoaks** Frankie opens up to Caleb about her past.
7.30 **The Simpsons** *Teenage Mutant Milk-Caused Hurdles:* Bart realises he has a crush on his new teacher.
8.00 **Below Deck Down Under** New edition Harry makes a move on Brianna but just as sparks start to fly, he picks up an injury.
9.00 **Gogglebox** Appraisals of *The Masked Dancer* and *Married at First Sight UK*.
10.00 **Gogglebox** Opinions on the state funeral of Elizabeth II.
11.00 **Naked Attraction**
12.05 AM **First Dates**
1.05 **Gogglebox**
2.10 **Below Deck Down Under**
2.55 **Abbott Elementary**
3.20 **The Simpsons**
3.45 **The Goldbergs**
4.35 **Brooklyn Nine-Nine**
5.00 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 | 306 | 30 | 123 | 256

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Brit Cops: Rapid Response**
10.00 **Stop, Search, Seize**
11.00 **Bull** 13/22. (S6)
12.00 NOON **FBI** 13&14/22. (S1)
2.00 PM **The Rookie** 22/22. Nolan is forced to spend a week in solitary confinement. (S4)
3.00 **Law & Order: Criminal Intent** 16/16. A Wall Street executive is murdered during a kidnap attempt. (S8)
4.00 **Nothing to Declare**

9.00 Fire Country

7 PM
7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 Fire Country New episode *Happy First Day, Manny!* 5/20. The team respond to a fire at a local drive-in movie theatre. (S4)

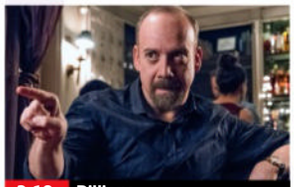
10 PM
10.00 FBI: International *Copper Pots and Daggers:* 4/22. The team organise the release of a former Marine detained in Istanbul. (S2)
11.00 **The Rookie** 19/22. (S4)
12.00 M'T **FBI** 9&10/22. (S1)
2.00 AM **CIA** New episode 2/12. Crime drama. (S1)
3.00 **The Rookie** 1/22. (S5)
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Border Security: Canada's Front Line**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Billions** 9&10/12. (S3)
10.10 **The White Lotus** (S2)
12.20 PM **Homicide: Life on the Street** 4&5/22. (S4)
2.10 **Billions** 9&10/12. (S3)
4.10 **The White Lotus** 8/8. Timothy comes up with a shocking plan. (S3)
5.40 **Task** 1/7. An FBI agent heads up a task force to tackle some drug-house robberies. (S1)
6.50 **The Gilded Age** 6/8. Bertha encourages Gladys to stand up for herself. (S3)



2.10 Billions

7.55 The Gilded Age *Ex-Communicated:* 7/8. Mrs Astor discusses the future of her Newport ball with Bertha, while Larry shares a discovery with George. (S3)

9.00 House of the Dragon 6/8. *Game of Thrones* prequel following the story of House Targaryen, starring Matt Smith. (S3)

10.15 Station Eleven *Wheel of Fire:* 1/10. Two people meet and soon face an important decision that could save their lives. (S1)
11.15 **Station Eleven** 2/10. Kirsten and her Shakespearean troupe meet a mysterious man on their way to St Deborah-by-the-Water. (S1)
12.15 AM **The White Lotus** (S3)
3.05 **Billions** 10/12. (S3)
4.10 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.30 **Dress to Impress**
8.25 **Olivia and Alex: Parenthood**
9.30 **The Only Way Is Essex**
10.25 **Real Housewives of Salt...**
11.20 **Real Housewives of Orange...**
12.15 PM **Dinner Date**
1.15 **Supermarket Sweep**
2.15 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** New edition
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

6.00 Celebrity Catchphrase

7.00 The Floor USA New edition A new threat emerges and delivers a shocking blow that changes the entire game.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 The Princess Diaries New edition Princess enjoys glamping with her mum, Katie, and faces her fears before a photoshoot.

10.00 Family Guy 3/12. Joe gets a leg transplant.
10.30 4/12. Part one of two. Stewie decides to murder Lois. (S6)
11.00 **Family Guy** 8/18. Meg becomes obsessed with Brian after he accompanies her to the junior prom. (S5)
11.30 **American Dad!** 8&4/22. (S16)
12.35 AM **Bob's Burgers** (S13&14)
1.30 **G'wed** 2&3/6. (S1)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *The Wolf Hunter of Little Worthy:* Barnaby and Winter investigate whether a myth has become murderous reality.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Uninvited Guests:* A salmonella epidemic grips the entire village at Christmas.

8.00 Midsomer Murders

6.55 Heartbeat *No Hiding Place:* As Christmas arrives, Mike and Tricia try to reunite a blind woman with her stolen guide dog.

8.00 Midsomer Murders *The Magician's Nephew:* A magician becomes the prime suspect when his assistant drops dead on stage, poisoned by the toxins from a tropical frog.

10.00 Grantchester 3/6. Leonard gets caught up in an armed robbery at the village post office, and manages to identify the masked culprit. (S3)
11.00 **Grantchester** 4/6. A factory worker dies in what appears to be an accident, but Geordie suspects foul play. (S3)
11.50 **Trial & Retribution** 2/2. (S9)
1.25 AM **Wycliffe** 2/9. (S4)
2.25 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Dempsey and Makepeace**
9.05 **Boon**
10.10 **The Champions**
11.20 **Robin of Sherwood**
12.25 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.45 **Boon**
4.50 **The Professionals** *Private Madness - Public Danger:* Three killings leave Cowley and the team baffled.
5.55 **Minder** *A Nice Little Wine:* Arthur loses a fortune when his wine supplier is mugged.

9.00 The Long Good Friday

7.00 King of the Roads The historical home of road racing, the Isle of Man, is the venue for the Southern 100 event.

8.00 Goodwood Festival of Speed Highlights of the motoring event, featuring the likes of Lando Norris and Kimi Antonelli.

9.00 FILM The Long Good Friday Gangster thriller starring Bob Hoskins as an East End crime boss whose underworld empire crumbles around him. With Helen Mirren and Eddie Constantine. (1979, 18, 114min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Wrestling: AEW Collision** A round-up of the latest hard-hitting wrestling action.
1.15 AM **BattleBots**
2.15 **River Monsters**
2.40 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Home of the Year** The judges visit properties in central Scotland.
8.00 **Island Crossings** Sisters and CalMac trainees Tanya and Natalie go out to sea.
9.00 **Mhairi Black: Being Me Again** The ex-SNP MP talks about politics and neurodiversity, as she performs her stand-up show at the Edinburgh Festival Fringe.
10.00 **River City** New episode Roisin finally reaches breaking point over Gillian's behaviour.
10.30 **Mrs Brown's Boys** 4/4. Agnes gatecrashes Cathy's book club. (S5)
11.00 PM **to 12.00** M'T **David Wilson's Crime Files** Killers' efforts to dispose of their victims' bodies.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Sort Of** 5&6/8. (S1)
10.00 **I Love LA** 7&8/8. (S1)
11.15 **Will & Grace** (S6)
12.15 PM **Avenue 5** (S1)
1.30 **I Love LA** 7&8/8. (S1)
2.45 **Will & Grace** (S6)
3.40 **Hacks** 8&9/10. (S4)
5.00 **Community** (S1)
6.00 **Will & Grace** (S7)
7.00 **The Office (US)** 7/19. Michael asks his employees for a loan.
7.30 8/19. Dwight pines over Angela. (S4)
8.00 **Hitmen** 5/6. Fran and Jamie attempt to take out a former hitman.
8.30 6/6. Mr K sends another hired gun in to help Fran and Jamie. (S1)
9.00 **Last Week Tonight with John Oliver** Talk show.
9.45 **Maisie Adam: Appraisal**
11.10 **Hacks** 8&9/10. (S4)
12.30 AM **Hitmen** (S1)
1.40 **Community** (S1)
2.40 **I Love LA** 5&6/8. (S1)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Jacqueline du Pré: Genius and Tragedy**
7.55 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **The Movies**
1.00 PM **Tales of the Unexpected**
2.00 **Alfred Hitchcock Hour**
3.00 **The Seventies**
4.00 **Discovering**
5.00 **Portrait Artist 2021**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Alec Guinness: A Class Act** The life of the actor.
10.00 **The Eighties** A look at the impact of Aids.
11.00 **Classic Albums**
12.20 AM **FILM Midnight Movies: From the Margin to the Mainstream** Documentary. (2005, 18, 86min) ★★★★
2.10 **I Am Bruce Lee**
4.10 **The Art of the Garden**
5.05 **to 6.00** AM **The Movies**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: Canada's Front Line**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 19/26. (S5)
5.00 **Stargate SG-1** (S8)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** *Qpid:* 20/26. Romance is in the air for Picard when he meets an old flame. (S4)
8.00 **Police 24/7**
9.00 **The Rookie** (S4)
11.00 **Star Trek: Enterprise**
12.00 M'T **Fantasy Island** (S1)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Warwick Davis hosts as a family of five take part in the quiz.
3.00 **Wheel of Fortune** Graham Norton hosts the game show in which contestants try to win a jackpot of £50,000.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show.
9.00 **Supermarket Sweep** Rylan Clark hosts a revival of the supermarket-based game show.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Riddiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Find It, Fix It, Flog It**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Celebrity Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Britain's Favourite Railway Stations with Si King** Britain's shore and coastal stations.
8.00 **Dover 24/7: Britain's Busiest Port** High winds blow a ship off-course.
9.00 **24 Hours in A&E** A patient suffers life-threatening injuries after a wall falls on him.
10.00 **First Dates** Visitors include a woman who has never had a boyfriend.
11.05 **Gogglebox**
12.05 AM **Celebrity Gogglebox**
1.05 **Secret Lives of Gypsy Wives** Documentary.
2.05 **999: On the Front Line**
3.10 **24 Hours in A&E**
4.05 **to 5.00** AM **Hotel Chocolat Unwrapped**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S4)
2.00 **Warehouse 13** 12&13/13. (S2)
4.00 **Stargate SG-1** 18/22. (S7)
5.00 **Star Trek: Voyager** 12/26. The ship becomes trapped in orbit around a planet where years pass in mere hours. (S6)
6.00 **Star Trek: Enterprise** 9/24. Archer discovers a human settlement on a planet in the Delphic Expanse. (S3)

7.00 Stargate Atlantis

7.00 **Stargate Atlantis** *Adrift:* 1/20. The expedition becomes stranded in space. (S4)
8.00 **Stargate SG-1** *Heroes – Part Two:* 18/22. An off-world rescue mission ends in tragedy. (S7)
9.00 **Resident Alien** *End of the World As We Know It:* 8/10. Harry must rely on Asta and D'arcy for survival. (S1)
10.00 **Grimm** *The Believer:* 16/22. An evangelical preacher uses his Wesen identity to gain more believers. (S5)
11.00 **The Walking Dead** 6/16. Tara and Heath's wanderings bring them into contact with a new society. (S7)
12.00 M'T **Resident Alien** 7/10. Harry enlists an unlikely ally to help him find his ship. (S1)
1.00 AM **Warehouse 13** (S2)
3.00 **The Walking Dead** (S7)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
9.00 **Shakespeare & Hathaway: Private Investigators** (S2)
10.00 **The Mentalist** 9/22. (S5)
11.00 **Hudson & Rex** 6/16. (S6)
12.00 NOON **Unforgettable** (S4)
1.00 PM **Death in Paradise** (S11)
2.00 **Murdoch Mysteries** (S7)
4.00 **The Mentalist** 9/22. (S5)
5.00 **Hudson & Rex** 6/16. (S6)
6.00 **Shakespeare & Hathaway: Private Investigators** 3/10. Frank and Lu investigate the disappearance of an Eastern European oligarch. (S2)

6.00 Shakespeare & Hathaway

7.00 **Private Eyes** *The Frame Job:* 3/18. A teacher is accused of having an inappropriate relationship with a student. (S2)
8.00 **Death in Paradise** *Phone-In-Murder:* 6/9. A woman is suspected of reporting her own murder. (S11)
9.00 **Death in Paradise** *A Tale of Two Islands:* 7/8. The team work between two islands to investigate the death of a tourist. (S13)
10.00 **Father Brown** *The Battle of Kembleford:* A medieval murder is committed at a battle re-enactment.
11.00 **Private Eyes** As 7.00pm.
12.00 M'T **Shakespeare & Hathaway: Private Investigators** As 6.00pm.
1.00 AM **Death in Paradise** (S11)
2.00 **Murdoch Mysteries** (S7)
3.00 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
9.00 **The Green Green Grass**
9.40 **Are You Being Served?**
10.20 **Last of the Summer Wine**
11.40 **Dad**
12.20 PM **Only Fools and Horses**
1.00 **Keeping Up Appearances**
1.40 **Dad's Army**
2.20 **The Green Green Grass**
3.00 **Are You Being Served?**
3.40 **Dad**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

9.00 The Office

7.00 **Porridge** First episode. Fletcher helps new inmate Godber settle in.
7.40 **Dad's Army** The platoon compete against a rival unit for the honour of guarding Winston Churchill.
8.20 **Are You Being Served?** The staff are transferred to the toy department.
9.00 **The Office** A work experience trainee has a baptism of fire.
9.40 **Porridge** Fletcher helps cellmate Godber make it through a long night.
10.20 **Not Going Out** A death brings Tim and Kate closer, which is a cause for concern for Lee.
11.00 **Mrs Brown's Boys**
11.40 **Colin's Sandwich**
12.20 AM **The Office** As 9.00pm.
1.00 **Porridge** As 9.40pm.
1.40 **Mrs Brown's Boys**
2.30 **Not Going Out** As 10.20pm.
3.00 **Colin's Sandwich**
3.30 **to 4.00** AM **Toast of London**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Long Weekends**
11.20 **Yukon Gold**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Robson Green: World's Most Amazing Walks** From Poland.
4.00 **Rick Stein's Long Weekends**
6.00 **The Hairy Bikers: Mums Know Best** Si King and Dave Myers sample dishes inspired by international cuisine.

4.00 Rick Stein's Long Weekends

7.00 **Mortimer & Whitehouse: Gone Fishing** Fishing the River Wensum for roach.
7.40 **Would I Lie to You?** With Bill Oddie, Frank Skinner, Jon Richardson and Sarah Millican. **8.20** Guests include Victoria Coren Mitchell and Mackenzie Crook.
9.00 **QI XL** Guests Jo Brand, Josh Widdicombe and Phill Jupitus join regular panellist Alan Davies and host Stephen Fry.
10.00 **Have I Got a Bit More News for You** Jo Brand hosts the satirical quiz, with guest panellists Rylan and Robert Peston.
11.00 **Taskmaster** Dave Gorman, Al Murray, Rob Beckett, Sara Pascoe and Paul Chowdhry take on a range of challenges.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Sara Pascoe.
2.50 **to 4.00** AM **Taskmaster**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.30 **Classic Holby City**
10.45 **Casualty**
11.45 **The Bill**
12.50 PM **Classic EastEnders**
2.00 **Neighbours**
3.00 **Pie in the Sky**
4.05 **Lovejoy**
5.20 **Waiting for God**
6.00 **Last of the Summer Wine** Hobbo, Alvin and Entwistle attempt to bury a friend's pet. **6.40** Hobbo and friends help Toby to win back his ex-wife.

8.00 Sister Boniface Mysteries

7.20 **Last of the Summer Wine** Pearl throws Howard out of the house, prompting him to make a stunning declaration.
8.00 **Sister Boniface Mysteries** *Stiff Competition:* 7/12. A death occurs at the local talent show. (S2)
9.00 **The Chelsea Detective** *The Reliable Witness – Part One:* 5/9. A psychotherapist is killed during a video call. (S2)
10.00 **New Tricks** *The War Against Drugs:* Brian enters an addiction centre run by monks to treat his alcoholism.
11.00 **Silent Witness** *Remembrance:* The team investigate when a body is found drifting in a river.
1.35 AM **Lovejoy** The antiques dealer hunts down a killer.
2.30 **Waiting for God**
3.00 **to 4.00** AM **Darby and Joan**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 6-8/10. (S21)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *For Better or Worse:* 11/20. The team devise an elaborate plan to infiltrate a mob. **7.00** *Fun and Games:* 12/20. The unit look into the death of one of Kasie's forensic scientists. **8.00** *Bad Blood:* 13/20. The team investigate a navy lieutenant's death at a blood bank. (S22)
9.00 **Jesse Stone: Innocents Lost** Detective thriller sequel starring Tom Selleck and Kathy Baker. The police chief, now forced into retirement, continues his own investigation into the death of a teenage girl.
10.50 **Law & Order: Special Victims Unit** (S17)
2.45 AM **Law & Order: Special Victims Unit**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **Casualty 24/7: Every Second Counts**
8.00 **GPs: Behind Closed Doors** Medical series.
9.00 **FILM Crocodile Dundee** Comedy adventure starring Paul Hogan and Linda Kozlowski. A New York reporter takes a legendary adventurer from the Australian Outback to the Big Apple. (1986, 15, 102min) ★★★★★
11.00 **Love of an Icon: The Legend of Crocodile Dundee** Documentary.
12.55 AM **Police Interceptors**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Commonwealth Games** Highlights.
10.00 **Police Interceptors**
11.00 **Gunsmoke** (S12)
12.05 PM **FILM The Redhead and the Cowboy** Western with Glenn Ford. (1950, PG, 82min) ★★
1.55 **FILM Stranger at My Door** Western. (1956, PG, 85min) ★
3.45 **Trucking Hell**
4.00 **The Motorway**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Police: Night Shift 999**
11.00 **The X-Files** 7/20. (S5)
12.00 M'T **World's Most Dangerous Prisoners**
1.00 AM **Outback Truckers**
2.00 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
12.00 NOON **DIY SOS: Grenfell** 1/2. Nick Knowles and the team undertake their biggest and longest build yet.
1.00 PM **Tipping Point**
4.00 **Brother v Brother**
6.00 **DIY SOS: The Big Build**
8.00 **999 Rescue Squad**
9.00 **Signora Volpe** *Secrets and Sacrifices:* 2/3. Sylvia joins an archaeological dig, and finds a skeleton in a shallow grave. (S1)
11.00 **Preaching Evil: A Wife on the Run with Warren Jeffs**
1.00 AM **Selena and Yolanda: The Secrets Between Them**
2.00 **to 3.00** AM **Louis Theroux's Weird Weekends: Christmas Special**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Bangers & Cash**
10.00 **Secret Nazi Bases**
11.00 **World War Two from Above** Documentary.
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Secret Nazi Bases**
5.00 **World War Two from Above** Documentary.
6.00 **Antiques Roadshow**
7.00 **Asia** A look at the wildlife of Asia's forests.
8.00 **Explore** Simon Reeve visits the Philippines.
9.00 **Simon Reeve's South America** Simon travels through Brazil.
10.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Great British Railway Journeys**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Tuscany.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Derbyshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** Angus Ashworth clears out a collection of vintage telephones.
8.00 **Antiques Road Trip** Thomas Plant and Mark Stacey head to an auction in East Sussex.
9.00 **Long Lost Family**
10.00 **Who Do You Think You Are?** Actor Claire Foy traces her ancestry.
11.00 **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

WEDNESDAY Entertainment

Wednesday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S5)
9.00 **Doctor Finlay** 1/8. (S4)
10.00 **Hamish Macbeth** (S3)
11.00 **Little House on the Prairie** 1&2/22. (S2)
1.00 PM **The Waltons** (S5)
4.00 **Little House on the Prairie** 1&2/22. (S2)
6.00 **Hamish Macbeth** (S3)
7.00 **M*A*S*H** Four episodes of the sitcom, including at: **8.00** 16/20. The medics mollycoddle Potter. **8.30** 17/20. Hawkeye has an uncontrollable sneezing fit. (S9)
9.00 FILM **Agatha Christie's Ordeal by Innocence** Murder mystery starring Donald Sutherland. (1985, 15, 87min) ★★
11.00 **The Ruth Rendell Mysteries** 6/7. (S4)
12.10 AM **M*A*S*H** (S9)
2.10 **Rising Damp** 6/6. (S4)
2.35 **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM **The High Chaparral**
10.00 **Wanted: Dead or Alive**
11.00 FILM **A Time for Killing** Western with Glenn Ford. (1968, 15, 83min) ★★
1.00 PM **The Unit** 8/13. (S1)
2.00 **Burn Notice** (S2)
4.00 FILM **The Hatton Garden Job** Drama starring Stephen Moyer. (2017, 15, 93min) ★★★
6.00 **The Unit** 8/13. (S1)
7.00 **Burn Notice** (S2)
9.00 FILM **General Commander** Thriller starring Steven Seagal. (2019, 18, 85min) ★★
10.55 FILM **Dragon Eyes** Drama starring Jean-Claude Van Damme. (2012, 18, 87min) ★★
12.55 AM **Dragon Ball Super**
1.55 **Coast Guard Alaska**
2.55 FILM **Disaster Zone: Volcano in New York** Disaster movie. (2006, 12, 90min) ★★
4.35 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM FILM **Garage Sale Mysteries: Pandora Box Murders** Thriller. (2018, PG, 85min) ★★
10.05 FILM **Morning Show Mystery: Mortal Mishaps** Crime drama. (2018, PG, 85min) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S4)
2.00 **Castle** 11/23. (S4)
3.00 **Diagnosis Murder** (S5)
5.00 **Murder, She Wrote** (S8)
7.00 **Castle** 12/23. (S4)
8.00 **Unforgettable** (S3)
9.00 **In Plain Sight** (S4)
10.00 **Morning Show Mysteries: Murder on the Menu** Drama with Holly Robinson Peete.
11.55 FILM **Lost Letter Mysteries: From Paris with Love** Drama. (2015, PG, 85min) ★★
1.50 AM FILM **Killer Mom** Thriller. (2017, 12) ★
3.25 **to 5.00** AM FILM **Island of Shadows**

+1 hour 321

Great! Romance

322 319 424 52 47

8.00 AM FILM **One Perfect Match** As 11.40pm.
10.05 FILM **Love's Match** Drama. (2021, PG) ★★
12.00 NOON FILM **Love, Classified** Drama. (2022, PG, 90min) ★★
2.00 PM FILM **A Little Daytime Drama** Comedy. (2021, PG, 90min) ★★
3.55 FILM **When Love Springs** Romance. (2023, PG, 84min) ★★
5.45 FILM **Just One Kiss** Romantic comedy. (2022, PG, 85min) ★★
7.35 FILM **To England, with Love** Romantic comedy. (2023, PG, 89min) ★★
9.35 FILM **Wedding at Graceland** Drama. (2019, PG, 95min) ★★
11.40 FILM **One Perfect Match** Romantic comedy. (2023, PG, 87min) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **A Little Daytime Drama**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** In Canterbury.
1.00 PM **Celebrity Coach Trip**
2.00 **Lake District Rescue**
3.00 **Garden Rescue**
4.00 **Rick Stein's Food Stories**
4.45 **Edwardian Farm**
6.00 **Celebrity Coach Trip**
7.00 **Love Your Garden**
8.00 **Garden Rescue** A garden in Daventry.
9.00 **Lake District Rescue** A fallen scrambler is precariously lodged at the edge of a waterfall.
10.00 FILM **Adventures of a Taxi Driver** Comedy. (1976, 18, 86min) ★
12.00 M'T FILM **Mary Millington: Confessions from the David Galaxy Affair** Sex comedy. (1979, 18, 92min) ★
2.00 AM **Lake District Rescue** As 9.00pm.
3.00 **Edwardian Farm**
4.15 **to 5.00** AM **Rick Stein's Food Stories**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
10.30 **Bottle Boys** 2/6. (S2)
11.00 **The Fenn Street Gang**
11.30 **Hallelujah** 3/8. (S2)
12.00 NOON **Man in a Suitcase**
1.00 PM **Agony** (S3)
1.30 **Press Gang** 5/12. (S1)
2.00 **Second Thoughts** (S3)
2.30 **The Fenn Street Gang**
3.00 **Hallelujah** 3/8. (S2)
3.30 **Boon** 12/13. (S5)
4.30 **Old Country** (S1)
5.00 **Stereo Underground**
6.00 **Press Gang** 5/12. (S1)
6.30 **Danger Man** (S1)
7.00 **Bottle Boys** 2/6. (S2)
7.30 **Doctor in Charge** (S1)
8.00 **Man in a Suitcase** (S1)
9.00 **Drop the Dead Donkey**
9.30 **A Day in the Life of Beryl Cook**
10.00 FILM **Mary Millington: Confessions from the David Galaxy Affair** Comedy. (1979, 18) ★
12.00 M'T FILM **Mesmerised** Drama. (1986, 15) ★★
1.45 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
6.00 **Opal Hunters: Red Dirt Road Trip**
7.00 **Aussie Gold Hunters**
9.00 **Tiny House, Big Living** New editions A couple find a home in Alaska. **9.30** A Kentucky couple's houseboat. **10.00** NEW SERIES A young couple decide to build a farmhouse. **10.30** New edition A tiny home that doubles as a yoga studio.
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **James Martin's Spanish Adventure**
7.00 **Hairy Bikers Go North**
8.00 **Jamie's 5 Ingredient Mediterranean Meals**
9.00 **Jamie Oliver: Cooking for Less**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **Hairy Bikers Go North**
4.00 **Nigella Bites**
5.00 **Jamie's 5 Ingredient Mediterranean Meals**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Sophie Grigson: Slice of Italy** Double bill.
10.00 **Jamie's 5 Ingredient Mediterranean Meals** Making delicious recipes with just five ingredients.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 26/28. (S1)
9.00 **Six Million Dollar Man**
10.00 **Babylon 5** 14/22. (S2)
11.00 FILM **7 Guardians of the Tomb** Adventure. (2018, 12, 90min) ★★
1.00 PM FILM **The Great Alaskan Race** Drama. (2019, PG, 87min) ★★
2.45 FILM **Gallipoli** Drama with Mel Gibson. (1981, PG, 111min) ★★★★
5.00 **Star Trek** 5/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 15/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **The Ice Road** Action thriller. (2021, 12, 108min) ★★★
11.10 FILM **Born to Raise Hell** Action adventure. (2010, 18, 92min) ★★
1.10 AM FILM **Virtuosity** Sci-fi thriller. (1995, 15, 103min) ★★★
3.10 **to 5.00** AM FILM **Armed Response** Thriller. (2017, 15) ★

Legend Xtra

316 316 171 69 138 51

9.00 AM FILM **The Gambler V: Playing for Keeps** Western. (1994) ★★
11.00 **Andromeda** 7/22. (S4)
12.00 NOON FILM **The Land That Time Forgot** Sci-fi action fantasy. (2009, 12, 90min) ★★
2.00 PM FILM **Ape vs Monster** Sci-fi drama. (2021, 12, 88min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **The Jigsaw Man** Espionage drama. (1983, 15, 91min) ★★
7.00 **Andromeda** 8/22. (S4)
8.00 **The A-Team** 2/25. (S3)
9.00 FILM **Total Recall** Sci-fi thriller remake starring Colin Farrell. (2012, 12, 113min) ★★★
11.25 FILM **Backtrace** Thriller. (2018, 15, 92min) ★★★
1.25 AM FILM **Executive Command** Thriller. (1997, 15, 95min) ★★
3.15 FILM **The Jigsaw Man**
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** In Congleton.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Container Wars**
9.20 **Canadian Pickers**
1.05 PM **Pawn Stars**
2.05 **Money for Nothing**
3.05 **Container Wars**
4.05 **Ancient Aliens**
5.00 **Alien Files Reopened**
6.00 **Storage Wars**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal**
9.00 **Weird Britain** New edition Places with an unusual story to tell.
10.00 **Britain's X Files**
11.00 **Secrets in the Dark**
12.00 M'T **Mysteries from Above** Documentary.
1.00 AM **Alien Files Reopened** Documentary.
2.00 **Cops Uncensored**
3.00 **Container Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Traditions**
11.00 **Ben Fogle: New Lives in the Wild** Utah.
12.00 NOON **All Creatures Great and Small** (S4)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Secret Life of the Forest**
6.00 **Mary Celeste: Solving the Mystery**
7.00 **Ben Fogle: New Lives in the Wild** The presenter meets 50-year-old free spirit Nara in Spain. **8.00** Ben meets a family at their off-grid home in Canton, Maine.
9.00 **The Madame Blanc Mysteries** *Where Eagles Dare:* 6/6. A local man is attacked after trying to sell a rare trinket. (S4)
10.00 **Keeping Faith** (S2)
11.05 **Prisoner: Cell Block H**
1.10 AM **Murder, She Wrote**
3.10 **to 4.00** AM **Sunken Warships: Secrets from the Deep**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable** Quiz.
1.00 PM **Family Fortunes**
2.00 **Bridge of Lies** Quiz.
3.00 **The Chase** Quiz show.
4.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
5.00 **The Bidding Room**
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** With Suzi Perry and Rosemarie Ford.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** With Janet Street-Porter and Mark Durden-Smith.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **One Day in My Body** New editions Steffni's rare muscular dystrophy leaves her dependent on her mother, and Lukas has Parry-Romberg syndrome, causing half his face to shrink inward. **10.00** An allergic reaction left Kirtus with vitiligo, alopecia and bone loss, while Portia's rare skin condition may exist in fewer than 25 people worldwide.
11.00 **Unacceptable**
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **Everybody Loves Raymond** (S4&5)
11.00 **The Upper Hand** (S4)
1.00 PM **Friends** (S8)
7.30 **Friends** 20/24. Rachel's mother plans to move in. **8.00** 21/24. A bad review upsets Monica. **8.30** 22/24. Chandler falls asleep at Joey's film premiere. (S8)
9.00 **Michael McIntyre's Big Show** With Joe Lycett and James Arthur.
10.00 **8 Out of 10 Cats**
11.40 **Whose Line Is It Anyway? USA**
12.10 AM **Spin City** 8/26. (S3)
12.40 **South Park** (S7)
2.10 **Alan Carr Live: Spexy Beast** Stand-up show.
3.05 **Michael McIntyre's Big Show** As 9.00pm.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves...**
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
9.30 **Spin City** (S3)
10.00 **Michael McIntyre's...**
11.00 **Friends** 22-25/25. (S3)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S4)
7.00 **Michael McIntyre's Big Show** With Dani Dyer.
8.00 **The Upper Hand** (S4)
9.00 **Rhod Gilbert's Growing Pains** With Kyrah Gray.
10.00 **South Park**
1.00 AM **Mike Judge's Beavis and Butt-Head**
2.00 **Michael McIntyre's...**
3.00 **Amy Schumer: Comedy Central Live**
3.20 **Jeff Dunham: Comedy Central Live**
3.45 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 56 42

8.00 AM **Highlights**
10.15 **Bread** 12/14. (S6)
10.50 **Steptoe and Son** (S1)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S1)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.45 **When the Boat Comes In** 3/10. Drama. (S4)
2.40 **Minder** 13/13. (S3)
3.50 **Just Good Friends**
4.25 **Man About the House**
4.55 **Bread** 12/14. (S6)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.15 **Rising Damp** 3/7. (S1)
6.45 **Steptoe and Son** (S1)
7.20 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 2/11. (S1)
9.00 **Benidorm** 5/7. (S7)
9.55 **Shameless** 12/16. (S5)
10.55 **Man About the House**
11.30 **Mind Your Language**
12.00 M'T **Benidorm** 5/7. (S7)
1.00 AM **Minder** 8/11. (S4)
2.05 **Duty Free** 7/7. (S3)
2.25 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 1/13. (S1)
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Reality series.
1.00 PM **Catfish: The Dramatic** Reality series.
2.00 **Catfish: The TV Show**
4.00 **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Rich Kids Go Skint**
8.00 **Judge Judy**
9.00 **Just Tattoo of Us** Chloe gets a tattoo her boyfriend won't forget.
10.00 **Ink Master**
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Lolo advise some grill failures.
12.30 AM **Ridiculousness**
1.00 **Ink Master**
2.45 **True Life Crime UK**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush** Double bill.
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.00** Alkaline batteries, wheelchairs and flutes. **4.30** Golf balls, furniture handles and parking meters.
5.00 **Alaska: Homestead Rescue** In the Tennessee mountains, the Raneys construct a yurt.

10.00 Mighty Truckers

7.00 **Last Chance Garage** Tony and his team try to make a modern Jeep run with classic parts.
8.00 **Last Chance Garage** To revive a stalled 1966 Lincoln project, Tony Jr. decides to put a modern LS into the classic.
9.00 **Wheeler Dealers** Mike tracks down the iconic estate cars, the Volvo 240 Torslanda, but it has seen better days.
10.00 **Mighty Truckers** New edition Documentary exploring the challenges of being a truck driver.
11.00 **The Alaska Triangle** An unidentified flying object pursues a Boeing 747.
12.00 M'T **Deadliest Catch**
1.00 AM **Wheeler Dealers**
2.00 **Mighty Truckers** As 10.00pm.
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Edge of Alaska**
10.00 **Tanked** With Tracy Morgan.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo: San Diego**
5.00 **Lone Star Law** Wardens Mitchell and Lindsey intervene when an overloaded boat puts lives at risk.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff and Petra train new vets at a wildlife sanctuary, plus they spay a jaguar.

9.00 Alaska: The Last Frontier

7.00 **Treehouse Masters** Pete Nelson makes a treehouse for American football player Antonio Brown, who wants a window wall.
8.00 **Preposterous Pets** A woman on America's west coast experiences the night life with a pair of tamandua anteaters.
9.00 **Alaska: The Last Frontier** Atz Lee and Jane help homesteader Mike repurpose an old city house into a cabin.
10.00 **Alaskan Bush People** Billy's dream of achieving a self-sustaining lifestyle is tested as the Browns begin their biggest project.
11.00 **The Haunted** A woman rebuilding her mansion feels the presence of another in her historic home.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Guardians of the Glades**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Hidden Beneath the Cities**
11.00 **Car S.O.S** Porsche 911 Targa.
12.00 NOON **Ultimate Airport Dubai**
1.00 PM **Air Crash Investigation**
2.00 **Hitler's Last Stand**
4.00 **Lost Treasures of Egypt**
5.00 **Drain the Oceans: Pacific Shockwave** Exploring how the Japanese Empire became the dominant Naval power in the Pacific.
6.00 **Liberation: D-Day to Berlin** How the Netherlands were freed from Nazi occupation.

10.00 Mysteries of Ancient...

7.00 **Air Crash Investigation** The case of a plane that crashed during a secret mission in 1961 with a UN Secretary on board.
8.00 **Lost Treasures of Ancient Greece** Investigating the legend of the Minotaur, uncovering clues about King Minos.
9.00 **The City Under the Sea: Drain the Oceans** Ruins of ancient civilisations in the Mediterranean.
10.00 **NEW SERIES Mysteries of Ancient Medicine** Uncovering ancient medical secrets, including Etruscan dentistry.
11.00 **Air Crash Investigation** A Boeing 737 crashes just moments after lifting off.
12.00 M'T **Border Protection Spain**
1.00 AM **To Catch a Smuggler** CBP seizes cocaine and meth.
2.00 **Money Meltdown**
2.30 **Lords of War** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Documentary.
6.30 **Hazardous History with Henry Winkler** Triple bill.
9.15 **Pawn Stars** Documentary.
10.10 **Junk & Disorderly** Selling motorcycle memorabilia.
11.05 **Storage Wars** Double bill.
1.00 PM **History's Greatest Warriors** As 9.00pm.
2.00 **Storage Hunters**
6.00 **History's Greatest Picks with Mike Wolfe** Mike explores items that were discovered in people's backyards.

9.00 History's Greatest Warriors

7.00 **Forged in Fire** Four bladesmiths are tasked to forge a blade using steel harvested from a vintage pinball machine.
8.00 **Storage Wars** New edition A fan helps Dave secure a winning locker, while Emily bets on a smaller unit.
9.00 **History's Greatest Warriors** New edition A look into how a Delta Force operator deploys unparalleled skill.
10.00 **Kursk: 10 Days That Shaped Putin** An explosion onboard the *Kursk* submarine in the Barents Sea.
11.00 **Airport Security: USA** Officers receive a tip-off on two drug trafficking suspects.
12.00 M'T **Storage Hunters**
1.50 AM **Storage Wars**
2.50 **History's Greatest Warriors**
3.40 **Kursk: 10 Days That Shaped Putin** As shown at 10.00pm.
4.25 **Storage Hunters**
5.10 **to 6.00** AM **History's Greatest Picks with Mike Wolfe**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Nineties**
7.00 **Discovering: Jodie Foster**
8.00 **The Directors**
9.00 **Ren Faire**
10.05 **The Man Who Played with Fire** 3/4. Documentary.
11.00 **Murder in Boston: Roots, Rampage and Reckoning**
12.00 NOON **One to One: John & Yoko** Documentary.
2.00 PM **Benetton Formula**
4.00 **The Directors**
5.00 **Discovering: Jodie Foster**
6.00 **House of Kardashian** 1/3. Documentary series.

9.00 Katie Price: Nothing to Hide

7.00 **House of Kardashian** *Sex, Lies & Videotape:* 2/3. A stratospheric reality show catapults the family's name around the world.
8.00 **House of Kardashian** *The New Power:* 3/3. Kylie Jenner keeps the family relevant and becomes a Generation Z icon.
9.00 **Katie Price: Nothing to Hide** Series finale 3/3. Determined to recreate the life she had with Peter Andre, Katie enters a turbulent period of her life.
10.15 **Becoming Madonna** Documentary charting Madonna's rise to stardom, drawing from a cache of recently uncovered audio tapes in which the singer reflected on her life and career.
12.15 AM **Ibiza Narcos** 1-3/3. Documentary exploring the drugs trade on the island.
3.15 **Right to Fight** The story of the pioneers of women's boxing.
5.00 **to 6.00** AM **Discovering: Jodie Foster**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Gem Hunters Down Under** Double bill.
1.00 PM **Mike Brewer: Born Dealer**
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** Selling some wild west costumes.
9.00 **Angus Ashworth: Yorkshire Heritage Hero**
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **The Big Swindle**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Shana Grice.
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **Judge Rinder's Crime Stories** Laura Davies.
8.00 **Murder on CCTV**
10.00 **Crime Scene Investigators** A car salesman is gunned down in his bed.
11.00 **Forensic Factor: A New Era** Crime series.
12.00 M'T **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** Documentary.
8.00 **UK Crime Files: Lady Killer** Neville Heath.
9.00 **UK Crime Files: Newport Revenge Murder** A look at how an assault investigation jeopardises Robert Henry Davies' life.
10.00 **Bloodline Detectives** New edition The story of Danni Houchins.
11.00 **Secrets of a Murder Detective** True-crime.
12.00 M'T **UK Crime Files: Lady Killer** As 8.00pm.
1.00 AM **UK Crime Files: Newport Revenge Murder** As 9.00pm.
2.00 **Bloodline Detectives**
3.00 **Britain's Countryside Killers** Documentary.
4.00 **to 6.00** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: The Most Evil Woman in Britain** Myra Hindley.
9.55 **UK Crime Files: Connecting a Killer**
11.00 **Killers: Caught on Camera** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Murder: A Fight for Justice** Satish Sekar.
3.00 **UK Crime Files: Murder on the Rocks**
4.00 **Killers: Caught on Camera** Documentary.
5.00 **Medical Detectives** Four editions, including at: **6.00** A pregnant woman accused her husband of attacking her. **6.30** A girl's performance in a school play reveals she is keeping a secret.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Death on the Beach** Documentary.
1.00 PM **Murdered at First Sight** Michael Hoolickin.
2.00 **World's Most Evil Killers**
3.00 **Catching the Killer**
4.00 **The Real Manhunter**
5.00 **How I Caught the Killer**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Murdered at First Sight**
10.00 **NEW SERIES Murder Nation** Documentary.
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil...**
1.00 AM **Catching the Killer**
2.00 **The Real CSI: Miami**
3.00 **Send in the Dogs**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Lewis and Clark: The Journey of the Corps of Discovery**
1.15 PM **Horatio's Drive: America's First Road Trip** Documentary.
3.50 **Lewis and Clark: The Journey of the Corps of Discovery** Four editions, including at: **7.25** Meriwether Lewis and William Clark's early 19th-century expedition around the then-unknown western portion of America.
8.50 **Horatio's Drive: America's First Road Trip** Dr Horatio Nelson Jackson's 1903 bid to cross the United States in his 20-bhp Winton touring car. Setting out from San Francisco, he faced a journey boasting just 150 miles of paved road and very few petrol stations.
12.00 M'T **to 2.00** AM **Higgins Ridge**

WEDNESDAY

Wednesday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **Moon: Nature's Secret Force**
10.00 **New Kids in the Wild**
11.00 **Ireland's Wild Islands with Eoin Warner** Fastnet Rock.
12.00 NOON **Evolution Earth**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Moon: Nature's Secret Force**
4.00 **New Kids in the Wild**
5.00 **Ireland's Wild Islands with Eoin Warner** Fastnet Rock.
6.00 **Evolution Earth**
7.00 **Monkey Life** Double bill.
8.00 **Deep Dive Australia**
9.00 **Chasing the Rains**
10.00 **Evolution Earth**
11.00 **Ireland's Wild Islands with Eoin Warner** Fastnet Rock.
12.00 M'T **Reef Wrecks**
1.00 AM **Ol Pejeta Diaries**
2.00 **Deep Dive Australia**
3.00 **Chasing the Rains**
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Moon: Nature's Secret Force**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Iconic Combat Machines**
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens**
1.00 PM **Ancient Aliens**
6.00 **Mysteries from Above**
7.00 **Alien Corridors** Unexplained sightings in a desolate land known as the Pine Barrens.
8.00 **Battle 360** The struggle faced by American forces, led by the USS *Enterprise*, to reclaim the Marianas Islands.
9.00 **Hazardous History with Henry Winkler** Jaw-dropping travel tales of the past.
10.00 **Rome: Rise and Fall of an Empire** How Claudius became emperor in 47AD without the respect of the people, many of whom considered him the village idiot, and chose to prove himself by conquering Britain.
11.00 **Ancient Aliens**
1.00 AM **Alien Corridors**
2.00 **Ancient Aliens**
5.00 **to 6.00** AM **Crimes That Shook Britain**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Savage Builds**
1.00 PM **Secrets Underground**
3.00 **How the Universe Works**
6.00 **How It's Made**
9.00 **In Search of Monsters** A team of researchers seek answers to mysteries surrounding the Mothman. They explore theories that the legendary cryptid is an abnormality in the evolutionary chain.
10.00 Paranormal investigations reveal stunning new evidence about the Jersey Devil, a monster that prowls the Pine Barrens of New Jersey.
11.00 **The Alaska Triangle** A cryptozoologist investigates reports of a sea monster in Alaska and examines never-before-seen video evidence.
12.00 M'T Featuring a woman claims to be under attack from an unseen force.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Secrets Underground**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitive Hunters: Mexico**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Murdertown**
2.00 PM **Green Eyed Killers**
3.00 **The Real Murders of Atlanta**
6.00 **On the Case with Paula Zahn**
7.00 **The First 48** The shooting of a 90-year-old war hero.
8.00 **Green Eyed Killers** The murder of Dawn Subia.
9.00 **Gilgo Beach Serial Murders** A series of murders between 1996 and 2011 in Long Island.
10.00 **My Nightmare Stalker: The Eva Larue Story** The story of how the *CSI: Miami* star and her daughter were terrorised by a stalker for over a decade.
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Los Angeles** Documentary.
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Incredible Animal Journeys**
11.00 **Alaska Animal Rescue**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Heartland Docs**
2.00 **Super Reefs**
3.00 **World's Weirdest**
4.00 **Secrets of the Zoo**
5.00 **Yukon Vet**
7.00 **Amur Tiger: Secret Kingdom** The secrets of how tigers function and communicate.
8.00 **Tiger Queen of Taru** Orphaned tigress Maya fights wild dogs and rival tigers to keep her territory.
9.00 **Russia's Wild Tiger** Cameras follow a young tiger for the first year after leaving his mother.
10.00 **Lawless Island** Stuart Andrews harvests a huge tree.
11.00 **Ultimate Airport Dubai**
12.00 M'T **World's Deadliest**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Alaska Animal Rescue**

Discovery History

161/172 147 181

7.00 AM **Egypt's New Tomb Revealed** As 8.00pm.
8.00 **Combat Dealers**
9.00 **Unexplained and Unexplored**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Following the search for the mysterious dark matter.
8.00 **Egypt's New Tomb Revealed** A gold coffin unearthed in the Valley of the Kings.
9.00 **Ancient Unexplained Files** Experts reveal the mystery behind a red skeleton found in an abandoned Maya city.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **David Jason's Secret Service** As 1.00pm.
10.00 **Britain's Ancient Capital: Secrets of Orkney**
1.00 PM **David Jason's Secret Service** How masterminds defeated Hitler with their ingenious problem-solving.
2.00 **Britain's Ancient Capital: Secrets of Orkney**
5.00 **Bangers & Cash: Restoring Classics** Double bill.
7.00 **Bangers & Cash: Restoring Classics** The team restore a Renault Clio Williams 2.
8.00 The team snap up a slightly saggy 1970s Saab 96.
9.00 The team restore a 1950s Austin Westminster rally car.
10.00 The team take on the restoration of a 1992 Vauxhall Nova Merit Plus.
11.00 The team work on a 1988 VW Golf GTI Convertible.
12.00 M'T **Bangers & Cash: Restoring Classics**
5.30 **to 6.00** AM **Great British Railway Journeys**

+1hour 266 376

ID

154 140 166

8.00 AM **Diabolical: Deadly Love**
12.00 NOON **Betrayed**
1.00 PM **American Monster**
3.00 **Breaking Homicide**
6.00 **Hometown Homicide**
7.00 **Calls from the Inside** When a ranch hand is found dead in a river outside of Salt Lake City, investigators across two states must work together to catch the killer.
8.00 In 2020, Gretchen Anthony disappeared after being diagnosed with COVID-19. Investigators rely on recorded jailhouse phone calls to unravel the mystery.
9.00 **Body Cam** A dangerous felon who would ram anything in the path of his stolen truck.
10.00 **Feds** New edition A special agent discovers doctors are over prescribing deadly opioids.
11.00 **Murder Comes to Town**
1.00 AM **Undercover Underage**
2.00 **Breaking Homicide**
4.00 **to 6.00** AM **Calls from the Inside**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Big**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Bad Chad Customs**
2.00 **Ant Anstead: Born Mechanic**
3.00 **G.A.S. Extreme Customs**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Street Outlaws: Locals Only**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only** Minnesota locals visit Brainerd International Raceway to battle each other for $5,000.
9.00 **Last Outpost** A client asks Todd and Clint for a boat to haul materials across a lake.
10.00 **G.A.S. Extreme Customs**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Street Outlaws: Locals Only** As shown at 8.00pm.
1.00 AM **Richard Hammond's Big**
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

7.30 AM **In Cold Light** Thriller. (2025, 15, 96min) ★★★
9.10 **Wicked: For Good** As 5.30pm.
11.35 **Mortal Kombat II** As 8.00pm.
1.40 PM **Bugonia** Comedy thriller. (2025, 15, 118min) ★★★★
3.45 **Eleanor the Great** Director Scarlett Johansson's drama. (2025, 12, 98min) ★★★★
5.30 **Wicked: For Good** Fantasy adventure sequel with Cynthia Erivo and Ariana Grande. (2025, PG, 137min) ★★★

10.05 Primate

8.00 Mortal Kombat II Fantasy adventure sequel with Karl Urban, Adeline Rudolph and Martyn Ford. Several champions are pitted against one another in the ultimate battle to defeat the dark rule of Shao Kahn. (2024, 15, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

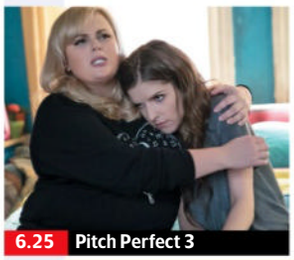
10.05 PREMIERE Primate Horror thriller starring Johnny Sequoyah. A pet chimpanzee contracts rabies and brutally hunts a family in Hawaii. With Jessica Alexander and Victoria Wyant. (2025, 18, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Lurker** Crime drama. (2025, 15, 100min) ★★★★
1.30 AM **Lee Cronin's The Mummy** Horror starring Natalie Grace. (2026, 18, 134min) ★★★
4.00 **to 6.00** AM **Redux Redux** Sci-fi fantasy adventure. (2025, 15, 109min) ★★★★

Sky Cinema Pitch Perfect

303 303 403 503 517

7.00 AM **Pitch Perfect 3** (2017)
8.35 **Pitch Perfect** As 8.00pm.
10.30 **Pitch Perfect 2** As 9.55pm.
12.30 PM **Pitch Perfect 3** (2017)
2.30 **Pitch Perfect** As 8.00pm.
4.25 **Pitch Perfect 2** As 9.55pm.
6.25 **Pitch Perfect 3** Comedy sequel starring Anna Kendrick. Following their win at the world championship, the Bellas reunite for one last singing competition at an overseas tour. (2017, 12, 93min) ★★★



6.25 Pitch Perfect 3

8.00 Pitch Perfect Musical comedy set in the world of American college a cappella singing, starring Anna Kendrick. A wannabe DJ tries to shake up her college's all-female singing group. (2012, 12, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 Pitch Perfect 2 Musical comedy sequel starring Anna Kendrick and Rebel Wilson. The Barden Bellas try to recover from a disastrous performance by winning the World Championships of A Cappella in Copenhagen. With Hailee Steinfeld and Brittany Snow. (2015, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Pitch Perfect 3** As 6.25pm.
1.35 AM **Pitch Perfect** As 8.00pm.
3.35 **Pitch Perfect 2** As 9.55pm.
5.30 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

6.25 AM **The Glorias** Biographical drama. (2020, 12, 139min) ★★★
9.00 **The Friend** As 4.10am.
11.05 **A Different Man** Psychological thriller. (2024, 15, 112min) ★★★★
1.05 PM **Catch Me If You Can** Steven Spielberg's adventure. (2002, 12, 141min) ★★★★★
3.35 **An Officer and a Gentleman** Romantic drama with Richard Gere. (1981, 15, 125min) ★★★★
5.45 **The Bodyguard** Romantic thriller starring Kevin Costner and Whitney Houston. (1992, 15, 129min) ★★★
8.00 **Joker: Folie à Deux** Musical thriller starring Joaquin Phoenix, Lady Gaga and Brendan Gleeson. (2024, 15, 138min) ★★★★
10.30 **The Brutalist** Epic drama starring Adrien Brody. When a couple flee Europe in 1947, their new lives in the US are changed by a strange client. (2024, 18, 215min) ★★★★★
1.55 AM **Girl You Know It's True** Biographical drama starring Elan Ben Ali and Tijan Njie. (2023, 15, 124min) ★★★
4.10 **to 6.20** AM **The Friend** Drama based on the novel by Sigrid Nunez, starring Naomi Watts. (2024, 15, 120min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

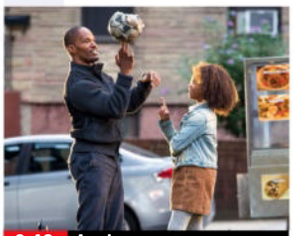
6.50 AM **Westworld** Sci-fi thriller. (1973, 15, 89min) ★★★★
8.25 **Gator Creek** As 12.00m't.
9.55 **Constantine** Supernatural thriller. (2005, 15, 121min) ★★★
12.00 NOON **Cloverfield** Offbeat disaster movie starring Lizzy Caplan. (2007, 15, 81min) ★★★
1.30 PM **The Chronicles of Riddick** Sci-fi adventure sequel to *Pitch Black*. (2004, 15, 119min) ★★★
3.30 **It** Adaptation of the Stephen King chiller, with Bill Skarsgård. (2017, 15, 135min) ★★★★
5.45 **Nosferatu** Horror starring Bill Skarsgård and Lily-Rose Depp. (2024, 15, 132min) ★★★★
8.00 **Interview with the Vampire** Gothic horror thriller starring Tom Cruise and Brad Pitt. (1994, 18, 122min) ★★★★
10.05 **Final Destination: Bloodlines** Supernatural horror with Kaitlyn Santa Juana and Teo Briones. (2025, 15, 110min) ★★★★
12.00 M'T **Gator Creek** Horror thriller. (2025, 15, 87min) ★
1.30 AM **From Dusk Till Dawn** Horror. (1995, 18, 108min) ★★★★
3.20 **Strange Darling** Thriller. (2023, 18, 97min) ★★★★
5.00 **to 6.50** AM **The Crazies** Horror remake. (2010, 15) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.20 AM **The Muppets Take Manhattan** (1984, U) ★★★★
8.00 **Muppets from Space** Comedy. (1999, U, 85min) ★★★
9.30 **The SpongeBob Movie: Sponge Out of Water** Animation. (2015, U) ★★★
11.10 **Wicked** (2024, PG) ★★★★
1.50 PM **Wicked: For Good** Fantasy. (2025, PG, 137min) ★★★
4.15 **Jumanji** (1995, PG) ★★★★
6.00 **Charlotte's Web** Adventure. (2006, U, 97min) ★★★



9.40 Annie

7.40 Jumanji: Welcome to the Jungle Fantasy comedy starring Dwayne Johnson, Karen Gillan, Kevin Hart and Jack Black. Four teens are transported into a video game. (2017, 12, 119min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 Annie Musical remake starring Quvenzhané Wallis and Jamie Foxx. An orphan goes to live with a wealthy New York businessman running for mayor, and inspires him to change his cynical ways. (2014, PG, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **MouseHunt** Slapstick comedy. (1997, PG, 98min) ★★★★
1.20 AM **The Karate Kid** Martial arts family adventure. (2010, PG, 140min) ★★★
3.40 **Babe** Family comedy drama. (1995, U, 92min) ★★★★★
5.15 **to 6.45** AM **Dog Man** Animated family comedy. (2025, U, 89min) ★★★★

Sky Cinema Action

306 306 407 507 521

6.25 AM **Reckless** Action comedy. (2026, 15, 100min) ★★★
8.05 **Nobody 2** As 12.50am.
9.40 **Green Lantern** Adventure. (2011, 12, 114min) ★★
11.35 **Justice League** Adventure. (2017, 12, 120min) ★★
1.45 PM **Bad Boys** Action comedy. (1995, 15, 118min) ★★★
3.45 **300: Rise of an Empire** Fantasy. (2014, 15) ★★★
5.45 **The Mummy Returns** Adventure. (2001, 12) ★★★★

8.00 Troy

8.00 Troy Spectacular historical epic inspired by *The Iliad*, starring Brad Pitt, Eric Bana and Orlando Bloom. When Trojan prince Paris elopes with Greek royal consort Helen, Greek king Agamemnon conspires to retrieve her as a pretext for invading and conquering Troy. With Diane Kruger, Sean Bean and Brian Cox. (2004, 15, 163min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 Venom: The Last Dance Fantasy with Tom Hardy. (2024, 15, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Nobody 2** Comedy thriller sequel starring Bob Odenkirk. (2025, 15, 89min) ★★★
2.35 **Robin Hood: Prince of Thieves** Fantasy adventure. (1991, PG, 138min) ★★
5.00 **to 6.50** AM **Jackie Chan's Police Story** Comedy thriller. (1985, 15, 98min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

7.25 AM **Seven Psychopaths** Dark comedy. (2012, 15) ★★★★
9.15 **The 'burbs** (1989, PG) ★★★
11.05 **The Man with Two Brains**
12.40 PM **Bridget Jones: Mad About the Boy** Comedy. (2024, 15, 125min) ★★★★
2.45 **You've Got Mail** Comedy. (1998, PG, 114min) ★★★
4.45 **Quartet** Comedy drama. (2012, 12, 94min) ★★★★
6.25 **Sausage Party** Animation. (2016, 15, 89min) ★★★

9.40 Beetlejuice Beetlejuice

8.00 The Wedding Singer Offbeat romantic comedy starring Adam Sandler and Drew Barrymore. A perky waitress saves a singer from despair after he is jilted at the altar. (1998, 12, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 Beetlejuice Beetlejuice Horror comedy sequel starring Michael Keaton. The mischievous demon is summoned once more when Delia Deetz returns to the close-knit community of Winter River. (2024, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Anaconda** Action comedy. (2025, 12, 99min) ★★★
1.20 AM **The Phoenician Scheme** Wes Anderson's comedy. (2025, 15, 101min) ★★★
3.05 **The Man with Two Brains** Comedy starring Steve Martin. (1983, 15, 93min) ★★★★
4.40 **to 6.40** AM **Yesterday** Comedy. (2019, 12) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.00 AM **The Cinema List: Race Against Time**
7.20 **Breakdown** As 2.00am.
9.05 **Chinatown** As 3.45am.
11.25 **Dog Day Afternoon** Sidney Lumet's tragi-comic thriller. (1975, 15, 130min) ★★★★
1.35 PM **Jason Bourne** Spy thriller. (2016, 12, 123min) ★★★
3.45 **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★
6.00 **RocknRolla** Comedy thriller. (2008, 15, 110min) ★★

8.00 Dead Man's Wire

8.00 Dead Man's Wire Crime thriller starring Bill Skarsgård and Al Pacino. A land-swindled developer kidnaps his broker's son at gunpoint, demanding revenge for an alleged financial betrayal. With Dacre Montgomery. (2025, 15, 104min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 The Krays British crime drama starring Gary and Martin Kemp as the notorious gangster twins Reg and Ronnie Kray, who ran London's underworld in the 1960s. (1990, 18, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Caddo Lake** Mystery thriller starring Dylan O'Brien. (2024, 12, 99min) ★★★
2.00 **Breakdown** Suspense thriller. (1997, 15, 94min) ★★★★
3.45 **to 6.05** AM **Chinatown** Roman Polanski's thriller. (1974, 15, 131min) ★★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Destroyer** War drama. (1943, b/w, U, 99min) ★★
1.05 PM **The Mouse That Roared** Comedy. (1959, U) ★★★★
2.50 **The Violent Men** Western. (1955, PG, 96min) ★★★
4.45 **Voyage to the Bottom of the Sea** Sci-fi adventure. (1961, U, 105min) ★★★
6.55 **The Day the Earth Stood Still** Sci-fi thriller remake. (2008, 12, 104min) ★★

9.00 The Florida Project

The Day the Earth Stood Still (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 The Florida Project Drama starring Brooklynn Kimberly Prince, Bria Vinaite and Willem Dafoe. A six-year-old girl roams the grounds of the motel where she lives, looking for adventure with her small band of friends. (2017, 15, 111min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.15 **Pearl** Horror starring Mia Goth. In 1918, a woman on the brink of madness pursues stardom in an attempt to escape the drudgery of life on her parents' farm. (2022, 15, 103min) ★★★★
1.20 **to 3.40** AM **Minari** Romantic drama starring Steven Yeun and Yeri Han. Partly subtitled. (2020, 12, 115min) ★★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Animation

302 302 402 502 516

7.25 AM **Grand Prix of Europe**
9.05 **The Ant Bully** Animation. (2006, U, 89min) ★★★★
10.40 **Happy Feet** Animated comedy. (2006, U, 108min) ★★★★
12.30 PM **Happy Feet Two** Animated sequel. (2011, U, 100min) ★★★
2.15 **Grand Prix of Europe** Animation. (2025, U, 98min)
4.00 **The Amazing Maurice** Animation. (2022, PG) ★★★★

5.45 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
7.35 **The Lego Ninjago Movie** Animated family adventure featuring the voice of Jackie Chan. (2017, U, 101min) ★★
9.20 **Smallfoot** Animated adventure featuring the voice of Channing Tatum. (2018, U, 96min) ★★★
11.00 **Flushed Away** Animation. (2006, U, 85min) ★★★★
12.30 AM **Corpse Bride** Tim Burton's Stop-motion animated fantasy. (2005, PG, 74min) ★★★★

1.50 **The Wild Thornberrys Movie** Animated family adventure. (2002, U, 85min) ★★★★
3.20 **The Pirates! In an Adventure with Scientists** Stop-motion family comedy adventure. (2012, U, 87min) ★★★★
4.50 **to 6.15** AM **Corpse Bride**

Sky Cinema Greats

307 307 404 504 518

6.15 AM **The Italian Job** As 10.10pm.
8.00 **The 7th Voyage of Sinbad**
9.30 **Demolition Man** Sci-fi action thriller. (1993, 15, 114min) ★★★
11.30 **The Long Kiss Goodnight** Thriller. (1996, 18) ★★★★
1.35 PM **True Grit** Vintage Western. (1969, PG, 128min) ★★★★★
3.45 **Birdy** As shown at 11.55pm.
5.50 **Batman** Comic-book adventure. (1989, 15, 121min) ★★★★

8.00 **Batman Returns** Adventure starring Michael Keaton, Danny DeVito and Michelle Pfeiffer. Batman needs all his resources of brain and brawn to combat a trio of fiendish villains who are terrorising Gotham City. (1992, 12, 121min) ★★★★
10.10 **The Italian Job** Classic crime caper starring Michael Caine and Noël Coward. An ex-con masterminds a massive bullion robbery in Turin. With Benny Hill. (1969, PG, 100min) ★★★★★

11.55 **Birdy** Psychological drama. (1984, 15, 120min) ★★★★
2.00 AM **The 7th Voyage of Sinbad** Fantasy. (1958, U) ★★★★
3.40 **The Cinema List: Sky Originals**
4.10 **to 6.10** AM **Gremlins 2: The New Batch** Horror comedy sequel. (1990, 12, 107min) ★★★

Disney+ Cinema

305 305

6.00 AM **Aladdin** Animated fantasy. (1992, U, 90min) ★★★★★
7.35 **Pocahontas** Animation. (1995, U, 81min) ★★★
9.00 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
10.45 **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
12.30 PM **WALL-E** Animated adventure featuring the voice of Ben Burtt. (2008, U, 98min) ★★★★★

2.10 **The Lion King** Animation. (2019, PG, 118min) ★★★
3.40 **Maleficent** Fairytale adventure reworking of *Sleeping Beauty*. (2014, PG, 97min) ★★★★
5.20 **The Jungle Book** Adventure. (2016, PG, 104min) ★★★★
7.10 **The Princess Diaries** Comedy. (2001, U, 115min) ★★★
9.00 **The Avengers** Superhero adventure with Robert Downey Jr. (2012, 12, 137min) ★★★★
11.20 **Juno** Offbeat comedy. (2007, 12, 96min) ★★★★

1.00 AM **Nightbitch** Dark comedy. starring Amy Adams and Scoot McNairy. (2024, 15, 99min) ★★★
2.45 **A Real Pain** Comedy drama. (2024, 15, 90min) ★★★★★
4.15 **to 6.00** AM **Hannah Montana: The Movie** Teen musical comedy. (2009, U, 98min) ★★★

Movies 24

312 313 419

7.00 AM **A Very Vermont Christmas** Drama. (2024, PG, 88min) ★★
9.00 **Trading Up Christmas** Drama. (2024, PG, 90min) ★★
11.00 **The More the Merrier** Medical drama. (2025, PG, 90min) ★★
1.00 PM **Trivia at St Nick's** Festive comedy. (2024, PG, 84min) ★★
3.00 **A Make or Break Holiday** Drama starring Jennifer-Juniper Angeli. (2025, U, 89min) ★★

5.00 **A Novel Noel** Festive romance. (2024, PG, 90min) ★★
7.00 **Everything Christmas** Festive comedy starring Cindy Busby. (2023, PG, 85min) ★★
9.00 **Debbie Macomber's Joyful Mrs Miracle** Fantasy starring Rachel Boston. The magical Mrs Miracle returns, posing as an estate planner to help three adult siblings reconnect. (2024, PG, 84min) ★★
11.00 **Christmas in Wolf Creek** Comedy. (2022, PG, 86min) ★★

1.00 AM **She's Making a List** Romantic comedy drama. (2025, U, 89min) ★★
3.00 **to 5.00** AM **Believe in Christmas** Romantic comedy. (2024, PG, 90min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Suspected Person** Drama. (1942, b/w, PG, 74min) ★★★
7.35 **Saloon Bar** Comedy thriller. (1940, b/w, U, 74min) ★★
9.05 **Nowhere to Go** Suspense drama. (1958, PG, 87min) ★★
11.05 **Shepherd on the Rock** Drama. (1994, PG, 95min) ★★★
1.00 PM **The Buccaneers** (S1)
1.30 **Send for Paul Temple** Mystery. (1946, b/w, PG, 83min) ★★★

3.10 **Dial 999** 27/39. (S1)
3.40 **Heavens Above!** Comedy. (1963, b/w, PG, 118min) ★★★
6.00 **Dial 999** 25/39. (S1)0
6.30 **Give Us a Clue**
7.00 **Out of Town**
7.30 **Travelling Man** 5/7. (S2)
8.35 **The Reckless Moment** Film noir thriller starring Joan Bennett and James Mason. 1949, b/w, 12, 79min) ★★★
10.15 **The Anderson Tapes** Heist thriller starring Sean Connery. (1971, 15, 98min) ★★★

12.15 AM **Cactus Flower** Romantic comedy with Walter Matthau, Ingrid Bergman and Goldie Hawn. (1969, PG, 103min) ★★★
2.20 **Warp Speed** Sci-fi thriller. (1980, 15, 100min) ★★
4.00 **Stagecoach West** 20/38. (S1)
5.00 **to 6.00** AM **The Rogues**

WEDNESDAY Sport 29 July

Wednesday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports News**
11.30 LIVE **The Hundred** **Welsh Fire v Trent Rockets.** Coverage of the women's match staged at Sophia Gardens in Cardiff. Start-time **11.30am**.
2.30 PM LIVE **The Hundred** **Welsh Fire v Trent Rockets.** Coverage of the men's match staged at Sophia Gardens in Cardiff. Start-time **3.00pm**.
6.00 LIVE **The Hundred** **MI London v London Spirit.** Coverage of the men's match from Kia Oval. Start-time **6.30pm**.
9.30 **Sports Centre**
10.00 **Sky Sports News at Ten**
11.00 LIVE **WTA & ATP Tennis** Coverage of day three of the Washington DC Open at William H.G. FitzGerald Tennis Center.
2.00 AM LIVE **WTA & ATP Tennis** Coverage from the Tours.
3.30 LIVE **WNBA** **Phoenix Mercury v Golden State Valkyries.** The Western Conference game. Tip-off **3.00am**.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **PL Best Goals 2010/11**
8.00 **Premier League 100 Club** The best of Didier Drogba's goals. **8.30** Manchester City striker Erling Haaland's goals.
9.00 **Premier League Review**
1.00 PM **Premier League Review** Action from the fifth round of fixtures in the 2025/26 season. **2.00** The sixth round of fixtures. **3.00** Round seven of games. **4.00** Action from the eighth round of top-flight fixtures.
5.00 **Premier League Review** Action from the ninth round of fixtures. **6.00** The 10th round of games. **7.00** Action from the 11th round. **8.00** The 12th round of fixtures.
9.00 **Premier League 360 – Big Sam's Bolton** A look at Sam Allardyce's iconic Bolton team of the early 2000s in the PL.
11.00 **Premier League Years** Featuring memorable moments from the 2017/18 season.
1.00 AM **PL Retro** A replay of Arsenal v Leeds United from 2003.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 2006/07**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL** The 2012/13 play-offs.
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Best Goals: EFL Cup 24/25**
11.30 **EFL Trophy Football**
12.00 NOON **SPFL Best Goals**
1.00 PM **SPFL Greatest Games**
3.00 **150 Years of the Edinburgh Derby** Hearts v Hibernian.
4.00 **SPFL Greatest Games**
5.00 **EFL Greatest Games**
6.00 **SPFL** The 2014/15 season.
6.30 **Best Scottish Premiership Goals 2021/22**
7.00 **1983: When Aberdeen Ruled Europe** Documentary.
8.00 **Dundee United: Champions 83**
8.30 **SPFL: Old Firm Derby Goals**
9.00 **Celtic's Invincibles**
10.00 **SPFL Greatest Games**
11.00 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro** Manchester City v Sunderland in the 2014 final.
2.00 AM **Best Scottish Premiership Goals 2024-26**
3.00 **SPFL Greatest Games**
3.30 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **SPFL Greatest Games**
5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred** Sunrisers Leeds v Manchester Super Giants.
9.15 **The Hundred Bitesize**
11.15 LIVE **The Hundred** **Welsh Fire v Trent Rockets.** Coverage of the women's match staged at Sophia Gardens in Cardiff. Start-time **11.30am**.
2.30 PM LIVE **The Hundred** **Welsh Fire v Trent Rockets.** Coverage of the men's match staged at Sophia Gardens in Cardiff. Start-time **3.00pm**.
6.00 LIVE **The Hundred** **MI London v London Spirit.** Coverage of the men's match from Kia Oval. The hosts won this meeting last year when they were known as the Oval Invincibles, as they claimed a six-wicket victory in their opening game of the campaign. Start-time **6.30pm**.
9.30 **The Hundred Bitesize**
10.30 **The Hundred** Welsh Fire v Trent Rockets from Sophia Gardens.
1.45 AM **The Hundred Bitesize**
2.00 **The Hundred** MI London v London Spirit from Kia Oval.
5.15 **Best of ICC WT20**
5.45 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Ladies European Tour Golf**
7.00 **AIG Women's Open Official Films 2021-2025**
11.00 **LPGA Tour Golf**
12.00 NOON **US Women's Open Golf**
1.00 PM **Women's PGA Championship** The fourth day.
2.00 **LPGA Tour Golf**
3.00 **Ladies European Tour Golf**
4.00 **Women's Golf**
5.00 **Hall or Nothing: Georgia's Story**
6.00 **European Seniors Golf**
7.00 **PGA Tour: The Cut**
7.30 **HotelPlanner Tour Golf Highlights** Action from the Raiffeisenbank Challenge.
8.00 **PGA Tour Golf** Highlights from the fourth day of the 3M Open.
9.00 **Women's Golf** A preview of the AIG Women's Open in Lancashire.
10.00 **Hall or Nothing: Georgia's Story** Georgia Hall.
11.00 **Golf** The US Adaptative Open.
1.00 AM **AIG Women's Open Official Film 2025**
2.00 **PGA Tour Golf** Highlights.
4.00 **Golf Academy**
5.00 **to 6.00** AM **School of Golf**

TNT Sports 1

410 413 521 408 430

6.00 AM **Men's Cycling Pro Series**
7.00 **Tour de France Women**
7.30 **ABB FIA Formula E World Championship Highlights**
9.30 LIVE **Fencing World Championship** Coverage from the fifth day of the event staged at AsiaWorld-Expo in Hong Kong.
12.45 PM **The Gruppetto** Cycling news.
1.00 **UCI Mountain Bike World Series Review** In Switzerland.
1.30 **Test Cricket Highlights** Action from West Indies v Pakistan held at Brian Lara Cricket Academy.
2.30 LIVE **Test Cricket** **West Indies v Pakistan.** Coverage of the fifth and final day of the first Test in the two-match series, held at Brian Lara Cricket Academy in Trinidad & Tobago.
11.00 **Playing for Our Future: Cricket**
11.15 **Playing for Our Future: Football** Documentary.
11.30 **MLB Highlights**
12.30 AM LIVE **MLB** **St Louis Cardinals v Chicago Cubs.** Coverage of the National League match from Busch Stadium. Start-time **12.45am**.
3.30 **MLB Plays of the Week**
4.00 **to 6.00** AM LIVE **Snooker**

TNT Sports 2

411 414 522 409 431

6.00 AM **Commonwealth Games – Daily Highlights**
7.00 **Commonwealth Games – Athletics & Para Athletics**
8.00 **Commonwealth Games**
8.30 LIVE **Commonwealth Games** Coverage from the day session on day six of the Games in Glasgow. Events taking place today include the women's 77kg final in the weightlifting, the heats for the women's 200m breaststroke and men's 200m freestyle, the semi-finals of the men's 3x3 basketball, plus Jamaica v Scotland and England v Tonga in the netball.
6.00 PM LIVE **Commonwealth Games** Coverage from the night session on day six in Glasgow.
10.30 **Commonwealth Games – Daily Highlights** The sixth day.
11.30 **Commonwealth Games**
12.30 AM **Commonwealth Games – Athletics & Para Athletics**
1.30 **Commonwealth Games – Swimming & Para Swimming**
2.30 **Commonwealth Games – Daily Highlights** The sixth day.
3.30 **Commonwealth Games Netball**
4.00 **to 6.00** AM **Commonwealth Games**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.15 **Super Bowl LX Bitesize** Seattle Seahawks v New England Patriots.
5.30 **Super League Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **NBA Basketball** Brooklyn Nets v Minnesota Timberwolves.
10.00 **NBA on Fire** The latest action.
10.30 **NFL Bitesize Highlights** New England Patriots v New York Jets from the 2025/26 season.
10.45 **Super League Highlights**
11.00 **NFL Highlights**
12.00 M'T **Super League Highlights**
12.30 AM **NBA on Fire**
1.00 LIVE **WNBA** **Dallas Wings v Atlanta Dream.** Coverage of the inter-conference match at College Park Center in Arlington, Texas. Tip-off **1.00am**.
3.00 LIVE **WNBA** **Phoenix Mercury v Golden State Valkyries.** The Western Conference match from Mortgage Matchup Center. Tip-off **3.00am**.
5.30 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.00 **Premier League Darts** Night 16 staged at Utilita Arena in Sheffield.
12.00 NOON **WTA Tennis** The Italian Open women's final at Foro Italico.
1.00 PM **ATP Tennis** Highlights from the Hamburg Open final staged at Am Rothenbaum in Germany.
2.00 **ATP Tennis** The Munich Open final at MTTC Iphitos Complex.
2.55 LIVE **The Hundred** **MI London v London Spirit.** Coverage of the women's match from the Kia Oval. The Spirit claimed a comfortable victory in the corresponding clash last year, when MI London, who were known as Oval Invincibles, were restricted to 108/8 from their allotted deliveries, which the Spirit surpassed after just 62 balls with the loss of just two wickets. Start-time **3.00pm**.
6.00 LIVE **WTA & ATP Tennis** Coverage of the third day of the Washington DC Open, a hard-court tournament held at William H.G. FitzGerald Tennis Center in the USA.
4.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Tennis

408 408 508 425 445

6.00 AM LIVE **ATP Tennis** Day two of the Los Cabos Open, a hard-court tournament held at Cabo Sports Complex in Mexico.
8.00 **WTA & ATP Tennis**
11.00 **WTA Tennis** Athens Open final.
12.00 NOON **ATP Tennis** Highlights from the Swedish Open final.
1.00 PM **WTA & ATP Tennis** Action from the Washington DC Open.
4.00 LIVE **WTA & ATP Tennis** Coverage of day three of the Washington DC Open held at William H.G. FitzGerald Tennis Center in the USA.
2.00 AM LIVE **WTA & ATP Tennis** Coverage from the latest events on the Tours, including the WTA and ATP Washington DC Open, and the ATP Los Cabos Open.
3.30 **to 6.00** AM LIVE **ATP Tennis** Day three of the Los Cabos Open, a hard-court tournament held at Cabo Sports Complex in Mexico.

TNT Sports 3

413 415 523 410 432

6.00 AM **NWSL** Recent action.
8.00 **Rolex SailGP Championship**
9.00 **European Rally Championship**
9.30 **A-Z: Commonwealth Games**
9.45 LIVE **Commonwealth Games – Athletics & Para Athletics**
1.30 PM LIVE **Men's Cycling Pro Series** Tour of Ain stage two.
3.15 LIVE **Men's Cycling Pro Series** The Tour of Denmark first stage.
4.45 **The WRC Magazine**
5.15 **European Rally Championship**
5.45 **TNT Sports Reload**
6.15 LIVE **Commonwealth Games – Athletics & Para Athletics**
9.45 LIVE **Snooker**
11.45 **Ultimate Pool** Highlights.
1.15 AM **The Gruppetto**
1.30 **Discovery Golf** The latest news.
2.00 LIVE **NWSL** **Utah Royals v Washington Spirit.**
4.15 **UEFA Champions League**
4.30 **TNT Sports Reload**
5.00 **to 6.00** AM **Rolex SailGP Championship**

TNT Sports 4

414 416 524 411 434

6.00 AM **Premier League Stories**
6.30 **Playing for Our Future: Rugby**
6.45 **Playing for Our Future: Cricket**
7.00 LIVE **Snooker** Coverage of the latest tournament.
10.30 **The Football Archives: UEFA Champions League**
11.30 **Test Cricket Highlights**
12.30 PM LIVE **Snooker** Coverage of the latest tournament.
4.00 **Spirit of Yachting**
4.30 **MLB Highlights**
6.00 LIVE **MLB** **New York Mets v Atlanta Braves.** Coverage of the National League match at Citi Field, as the two teams meet in the final game of the series. Start-time **6.10pm**.
9.00 **Discovery Golf**
9.30 **Men's Cycling Pro Series** The second stage of the Tour of Ain. **10.30** Highlights from the first stage of the Tour of Denmark.
11.30 **AFL** Three match replays.
4.00 **to 6.00** AM **Men's Cycling**

Premier Sports 1

419 APP 528

6.00 AM **World Surf League**
7.00 **Scottish Rally Championship**
7.30 **World of FreeSports**
8.00 **NASCAR Highlights**
9.00 **FIM Sidecarcross Championship**
10.00 **Swedish Speedway** Action from Dackarna v Vastervik.
12.00 NOON **Sporting Greats**
12.30 PM **NASCAR Highlights**
1.30 **DTM Motorsport Highlights** The first race from Oschersleben. **3.15** The second race.
5.00 **Sporting Greats**
5.30 **Football** Karlsruher v Inter Milan.
7.25 LIVE **Football** **Real Betis v Lyon.** Coverage of the friendly match from Estadio La Cartuja, joining in progress.
9.30 **KOTV Weekly** The latest news.
10.00 **Swedish Speedway**
12.00 M'T **NASCAR Highlights**
1.00 AM **DTM Motorsport Highlights** From Oschersleben.
4.30 **Motorsport** Valentino Rossi.
5.00 **to 6.00** AM **Temples of Sport**

Premier Sports 2

420 APP 529

6.00 AM **German Cup**
8.00 **Football** Another chance to see Eintracht Frankfurt v Trabzonspor.
10.00 **Football's Greatest**
10.30 **Coppa Italia** A chance to see Lazio v Inter Milan in the final.
12.30 PM **Football's Greatest**
1.00 **Brasileiro Serie A** A chance to see Gremio v Fluminense. **3.00** Cruzeiro v Botafogo.
5.00 **Eredivisie Highlights**
6.00 **Top 14 Rugby Union Highlights**
7.00 **Challenge Cup** A chance to see Montpellier v Ulster in the final.
9.00 **Rugby Junior World Championships** A chance to see the third/fourth place play-off.
10.55 **Football's Greatest**
11.25 LIVE **Brasileiro Serie A** **Internacional v Flamengo.** Coverage of the match at Estadio Beira-Rio. Kick-off **11.30pm**.
1.30 AM **Football's Greatest**
2.00 **to 6.00** AM **Top 14 Rugby Union**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **WTA & ATP Tennis** Highlights.
10.00 **PGA Tour Golf** The 3M Open.
11.00 **NBA Basketball**
1.30 PM **The Open** Highlights.
2.55 LIVE **The Hundred** **MI London v London Spirit.** Coverage of the women's match at Kia Oval. Start-time **3.00pm**.
6.00 **WTA Tennis** Recent highlights.
8.00 **ATP Tennis** Estoril Open final.
9.00 **PGA Tour Golf** The 3M Open. **10.00** The ISCO Championship.
11.00 **ATP Tennis** The Swiss Open final.
12.00 M'T **The Insiders** NFL news.
1.00 AM **NBA Basketball**
2.55 **EFL Greatest Games**
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **WTA Tennis**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Recent highlights.
12.15 PM **Ted's Notebook**
12.45 **Ollie Bearman Drives Ayrton Senna's Lotus**
1.00 **Formula 2** Hungarian Grand Prix.
2.20 **Pierre Gasly IV**
2.30 **Formula 3** Action from Hungary.
3.30 **Formula 1** Hungarian Grand Prix.
5.45 **The Cornwall Air Ambulance**
6.00 **Ginetta Juniors Highlights**
7.00 **GB3 Championship Highlights**
8.00 **F1 Classic Races**
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

30 July

Planner

Who Do You Think You Are?

DOCUMENTARY *BBC1, 9pm*

Ponies and *Silo* actor Dame Harriet Walter heads to the archives, where she learns her mother's work during World War Two was much more significant than she had ever talked about.

Benidorm Is Murder

CRIME DRAMA *5, 9pm*

From *Death in Paradise* and *The Mallorca Files* to *The Good Ship Murder*, is seems sun, sea and some added sleuthing is a good recipe for viewers. This latest serving stars John Hannah as a former detective who now runs a bar on the Costa Blanca, but may have to dust off his sleuthing skills when a member of a Take That tribute band is found dead.

Commonwealth Games

CYCLING *BBC Alba, TNT Sports & HBO Max*

A packed day of action will feature Olympic and world champion Emma Finucane (right) leading a fiery Wales squad in the women's cycling team sprint, potentially head-to-head with her GB teammates.

The Hunting Party

THRILLER *U&Alibi, 9pm*

Season one of the crime thriller ended with the task force shut down. As we return to the 'Pit', Bex (Melissa Roxburgh) is fighting for the team to be reinstated to hunt down the 'Boogeyman' killer (guest star Eric McCormack).

Thursday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Fake or Fortune?		9.00 Who Do You Think You Are?		10.00 News; Local News	10.40 Murder...
	102 BBC2	7.00 Escape to the Country		8.00 Digging for Britain		9.00 The Devil in the Family: The Fall of...		10.00 Smuggling...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Tom Kerridge...	8.00 Emmerdale	8.30 Coronation...	9.00 The Chase Around the World		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Renovation Rescue		9.00 Murder Case: The Digital Detectives		10.00 Don't Date Brandon	
	105 5	7.00 Around the World in First Class with...		8.00 Cornwall: A Year by the Sea		9.00 Benidorm Is Murder		10.00 Commonwealth Games	
	106 SKY ONE	7.00 The Simpsons		8.00 Rob & Romesh vs UFC		9.00 The Dyers' Caravan Park		10.00 Katie Price: Nothing to Hide	
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Top Gear		9.00 The Traitors Canada			
	116 BBC4	7.00 Great British...	7.30 Walking with...	8.00 Talking Pictures: Seventies Legends...		9.00 Film: Taxi Driver			
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 The Princess Diaries		10.00 Family Guy	
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 The Reclaimers: Made in Suffolk		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons		8.00 Below Deck Down Under		9.00 Cruising Paradise: Above and Below...		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 CIA		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	‹ 6.45 The Gilded Age		7.55 True Detective: Night Country		9.00 The Five-Star Weekend			10.40 All...
	110 U&GOLD	7.00 Porridge	7.35 Dad's Army		8.20 Are You Being Served?	9.00 Porridge	9.40 The Office		10.20 Not Going Out
	111 U&DAVE	7.00 Mortimer &...		7.40 Would I Lie to You?		9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Grantchester	
	120 ITV4	7.00 River Monsters		8.00 Sharpe					10.15 The Motorbike Show
	112 COMEDY CENTRAL	‹ 6.50 Friends				9.00 Film: The Dukes of Hazzard			
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Resident Alien		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 The Marlow Murder Club				10.00 New Tricks	
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise		9.00 The Hunting Party		10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Discovering: Gary Oldman		9.00 The Life and Deaths of Christopher Lee			
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Property Brothers: Under Pressure		9.00 DIY SOS: The Big Build			
DOCUMENTARY	125 DISCOVERY	7.00 Last Chance Garage				9.00 Naked and Afraid: Global Showdown			
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Richard E Grant's Seven Deadly Sins		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Pompeii: Out of Time with Tom...		9.00 Pompeii: Secrets of the Dead		10.00 Gladiators: Warriors of the Ancient...	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Britain's Lost Battlefields with Rob Bell		9.00 Jack the Ripper: Written in Blood			
	155 U&YESTERDAY	7.00 Asia		8.00 Bangers & Cash		9.00 Bangers & Cash: Restoring Classics			
	114 SKY DOCS	7.00 Germanwings: What Happened on Flight 9525?				9.00 David Fuller: Monster in the Morgue			

‹ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **Trace, Track, Get My Car Back** A car stolen by drug dealers. (S)(R)
10.45 **Expert Witness** (S)(R)
11.15 **Homes Under the Hammer** New edition Properties in Crewe, Portsmouth and Swansea. (S)
12.15 PM **Bargain Hunt** (S)(R)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition Furniture upcycler Sarah dreams up a new look for a side table. (S)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** (S)(R)
4.30 **The Travelling Auctioneers** (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 Fake or Fortune?

7 PM

7.00 **The One Show** Alex Jones and Clara Amfo present the topical show. (S)
7.30 **EastEnders** Nicola tries to make peace with Eve and Suki, while Sharon seeks answers about what she has missed. (S)(AD)

8 PM

8.00 **Fake or Fortune?** New edition 3/4. Fiona Bruce and Philip Mould investigate a painting thought to be by the French artist André Derain that belonged to a former Kindertransport child who escaped Nazi Germany. (S)(AD)

9 PM

9.00 **Who Do You Think You Are?** New edition 7/8. Actor Dame Harriet Walter discovers a colourful cast of ancestors, in a journey that takes her from the debtor's court to the opera house via Italian nobility. *See feature, page 21.* (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Murder 24/7** 3/8. A look at how five men were convicted of the murder of 23-year-old DPD driver Aurman Singh. (S)(R)(AD)
11.40 **Murder 24/7** 4/8. The story of the fatal stabbing of Cheryl McKenna in Worcestershire in 2024 – reported to the police by her ex-partner Chris Hemming, who admitted in the call that he was the one responsible. (S)(R)(AD)
12.35 AM **Alan Carr's Picture Slam** 2/9. Game show in which three teams of contestants have to identify a board full of images (S)(R)
1.20 **Weather for the Week Ahead** (S)
1.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Money for Nothing** (S)(R)
7.15 **The Bidding Room** (S)(R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
1.00 PM **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Game show. (S)(R)
2.15 **Lightning** Quick-fire quiz. (S)(R)
2.45 **The Hairy Bikers' Bakeation** (S)(R)
3.45 **The Farmers' Country Showdown** Two father-son teams face tough competition at the Macclesfield Sheepdog Trials. (S)(R)
4.15 **Earth from Space** (S)(R)(AD)
5.15 **Flog It!** From Oxford. (S)(R)
6.00 **Richard Osman's House of Games** Guests Karen Hauer, Storm Huntley, Joe Marler and Tom Read Wilson take part. (S)(R)
6.30 **Just One Thing** The benefits of eating dark chocolate. (S)(R)(AD)

9.00 The Devil in the Family

7.00 **Escape to the Country** Ginny Buckley presents a range of houses to a couple who have a substantial budget of £700,000 and are hoping to relocate their family to the Norfolk countryside. (S)(R)

8.00 **Digging for Britain** Following Alice Roberts as she joins archaeologists to explore Central England's past, through an RAF airbase with a Roman past, a medieval nunnery and a pub with a long history of hospitality. (S)(R)(AD)

9.00 **The Devil in the Family: The Fall of Ruby Franke** New edition 2/3. Ruby starts to banish members of the family from their home. (S)(AD)
■ Entire series on BBC iPlayer
9.50 **The North York Moors: A Wild Year** (S)(R)(AD)

10.00 **The Smuggling Business: Undercover** An investigation into people-smuggling gangs operating in France. (S)(R)
10.30 **Newsnight** (S)
11.00 **Golf: Women's Open Highlights** Action from day one of the Major Championship held at Royal Lytham & St Annes Golf Club. (S)
12.00 M'T **FILM The Blackening** Horror comedy with Grace Byers. Seven friends go away for the weekend and end up trapped in a cabin with a killer who has a vendetta. (S) (2022, 15, 95min) ★★★★
1.35 AM **Sign Zone: Ambulance** (S)(R)
2.35 **Sign Zone: Evolution** (S)(R)(AD)
3.35 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
1.00 PM **ITV News** (S)
1.20 **Local News** (S)
1.30 **LIVE Racing: Glorious Goodwood** Ed Chamberlin and Francesca Cumani present coverage of day three of the meeting, including feature race the Nassau Stakes, and four more supporting races. (S)
4.30 **Tipping Point: Best Ever Finals** Compilation of some of the most dramatic endgames from the arcade-themed game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Tom Kerridge Cooks Italy

7.30 **Tom Kerridge Cooks Italy** New edition 3/6. Tom forages for truffles in Umbria before discovering how the Campanian Plain has been a hotbed of agricultural innovation for thousands of years. (S)(AD)

8.00 **Emmerdale** A scheme is halted, while Claudette makes a deal. (S)(AD)
8.30 **Coronation Street** Cassie revisits her greatest hits with Ross as her new target, while Adam and Alya offer Abi conflicting advice. (S)(AD)

9.00 **The Chase Around the World** New edition 3/6. The teams land in Lisbon to take on the Dark Destroyer and the Sinnerman, who have set a series of quiz questions that the teams must solve to navigate across the city. (S)(AD)

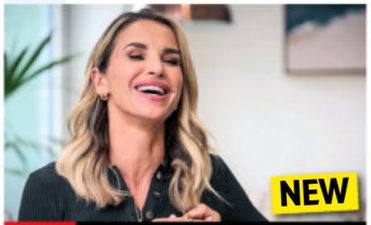
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union, Joe Pantoliano and Jordi Mollà. (S) (2003, 15, 160min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.25 AM **Teleshopping**
3.00 **The Summit** 1/8. Ben Shephard presents as 14 people from all walks of life come together to try to climb one of New Zealand's highest peaks. (S)(SL)(R)(AD)
4.00 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal: Celebrity Special** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 26-28/28. (S11) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 9-12/24. (S3) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New Orleans. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Narrow Escapes** Flora, Faraz and family collect their new home from Newbury Marina. (S)(R)(AD)
5.00 **Chateau DIY** A storm is brewing in western France, putting pressure on Erin and JB to get the windows back into their huge turret renovation. (S)(R)(AD)
6.00 **American Pickers** New edition Mike Wolfe stumbles across a vintage ice-cream wagon. (S)(AD)



8.00 Renovation Rescue

7.00 **News** (S)

8.00 **NEW SERIES Renovation Rescue** The show returns with new presenters Vogue Williams and Luke Mabbott, who help homeowners left high and dry after bad experiences with their builders. (S)(AD)

9.00 **Murder Case: The Digital Detectives** New edition How detectives investigating the 2022 murder of Farnborough woman Samantha Holden used forensic phone analysis to track down her killer. (S)(AD)

10.00 **NEW SERIES Don't Date Brandon** 1/3. Documentary series about two women who had negative experiences in their relationships with the same man, prompting them to start a podcast to warn others. (S)(AD)
11.00 **Don't Date Brandon** New edition 2/3. More of Brandon's former girlfriends come forward. (S)(AD)
12.05 AM Series finale 3/3. (S)(AD)
1.05 **Crime Scene Cleaners** (S)(R)(AD)
1.55 **Ramsay's Kitchen Nightmares USA** From Seattle. (S)(SL)(R)
2.40 **The Undeclared War** (S)(R)(AD)
4.30 **Couples Come Dine with Me** (R)
5.20 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.20 FILM **Stolen Baby: The Murder of Heidi Broussard** Drama starring Anna Hopkins. (S) (2023, 12, 100min) ★★
4.00 **Castle** *Last Action Hero:* 9/23. Beckett and Castle investigate the death of a 1980s action movie star. (S7) (S)(R)
4.55 **Love Nature** A look at the Pollinator Pathways Project in Bristol. (S)(R)(AD)
5.00 **News** (S)
6.00 **Malta: The Jewel of the Med** Cameras focus on the Malta Classic Grand Prix. (S)(R)
6.55 **News** (S)

8.00 Cornwall: A Year by the Sea

7.00 **Around the World in First Class with Josie Gibson** Josie experiences the world of first-class travel, beginning with a trip to Dubai. (S)(R)
7.55 **News** (S)

8.00 **Cornwall: A Year by the Sea** New edition 9/10. In St Ives, artist Iona leads a landscape painting masterclass, while in Marazion, competitors take on the demanding Kernowman 70.3 Triathlon. (S)

9.00 NEW SERIES **Benidorm is Murder** *Mis-Take That:* 1/6. Crime drama starring John Hannah and Carolina Bécquer. An ex-police officer and an actor solve crimes in Spain. *See feature, page 8.* (S1) (S)(AD)

10.00 **Commonwealth Games** Highlights from the seventh day in Glasgow, as track cycling and para track cycling began with seven gold medals up for grabs at the Sir Chris Hoy Velodrome. (S)

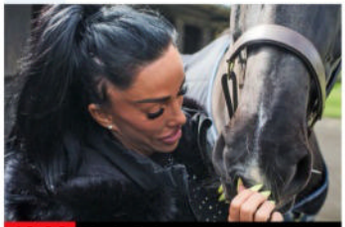
11.05 **Fare Dodgers: At War with the Law** Documentary. (S)(R)
12.05 AM **Street Cops: Catching the Yobs** Documentary. (S)(R)
1.00 **Teleshopping** (S)(R)
2.00 **Shoplifters: Catch Me If You Can** Documentary. (S)(R)
2.50 **Malta: Jewel of the Med** (S)(R)
3.45 **Friends** (S8) (S)(R)(AD)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S5) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S10) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Big Cat Country** (S)(R)
1.00 PM **Hawaii Five-0** (S6) (S)(R)
3.00 **S.W.A.T.** (S8) (S)(R)(AD)
5.00 **The Simpsons** *Make Room for Lisa:* Lisa is forced to share a room with Bart. (S)(R)
5.30 *Viva Ned Flanders:* Homer takes Ned Flanders to Las Vegas, where they go on a drunken binge. (S)(R)
6.00 **Animal Control** 4/10. Frank and Victoria compete to win Fiona's affections. (S)(R)
6.30 5/10. Victoria's sister visits from New Zealand. (S3) (S)(R)



10.00 Katie Price: Nothing to Hide

7.00 **The Simpsons** *Maximum Homerdrive:* Homer and Bart deliver a dead trucker's cargo. (S)(R)
7.30 *Simpsons Bible Stories:* Homer, Marge and the kids dream they are characters from the Bible. (S)(R)

8.00 **Rob & Romesh vs UFC** Rob Beckett and Romesh Ranganathan enter the world of mixed martial arts, visiting the Ultimate Fighting Championship's International Fight Week in Las Vegas to train with the stars. (S)(R)(AD)

9.00 **The Dyers' Caravan Park** Danny and Dani face pushback from the locals after they try to freshen up the bar's beer and plan a new playground. (S)(R)(AD)

10.00 **Katie Price: Nothing to Hide** 4/4. Determined to recreate the life she had with Peter Andre, Katie enters a turbulent period of her life, leaving her family to navigate the fallout. (S)(R)(AD)

11.10 **Never Mind the Buzzcocks** With guests Mel Blatt, Betty Boo, Tom Davis, Keith Duffy and Shane Lynch. (S)(R)(AD)
12.10 AM **Animal Control** (S3) (S)(R)
1.10 **Grimm** 2/13. (S6) (S)(R)
2.00 NEW SERIES **Grimsburg** 1/13. Animated comedy series with the voice of Jon Hamm.
2.30 New episode 2/13. A film crew visit Grimsburg. (S1) (S)
3.00 **Hawaii Five-0** (S6) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City: Drama. (S)(R)(AD)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm The Band New edition (S) **11.10** Murder 24/7 (S)(R)(AD) **1.10am** Alan Carr's Picture Slam (S)(R) **1.55-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cais Quinnell **12.30** Heno **1.00** Gwlad Moc (AD) **1.30** Sgwrs Dan y Lloer **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cyfres Triathlon Cymru 2026 **4.00** Awr Fawr **5.00** Stwnsh **6.00** Gwlad y Basg: Gwilym Bowen Rhys **6.30** Pobol y Cwm New episode (AD) **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Gemau'r Gymanwlad New edition **10.30-11.35pm** Yr Afon

TV&Streaming week
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BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Earth's most dangerous animals.
7.30 A search for the world's biggest wasp.
8.00 **Top Gear** Jeremy and James try to rescue Richard from a remote area of Canada.
9.00 **The Traitors Canada** New editions 7/10. Karine Vanasse sets out to test the Traitors' skills by issuing the famous Murder in Plain Sight challenge.
10.05 8/10. In a game that relies on words, the guests learn they are not always guaranteed the right to speak.
10.50 9/10. After loudly proclaiming to be the most loyal of the loyal, it can be difficult to betray one's own beliefs – but for one guest, they may have no choice.
11.35 Series finale 10/10. The heat is on for the guests to make their final moves.
12.20 AM **Canada's Drag Race: Canada vs the World**
1.35 **to 4.05** AM **Smoggie Queens**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the dinner party challenge from Eastbourne, East Sussex.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **George Clarke's Old House, New Home** The architect takes on a classic 1930s terraced home with a kitchen that is so tiny, the fridge and oven have to live in another room.
6.55 **Location, Location, Location** Kirstie Allsopp and Phil Spencer go house-hunting in Bath and Bristol.
7.55 **Grand Designs** Two brothers build two near-identical houses next door to each other in Sheffield.
9.00 **The Reclaimers: Made in Suffolk** New edition 3/5. A relentless storm is threatening the stock at Tinkers Barn, and the team restore neglected tables at Southwold Pier to antique French doors and vintage.
10.00 **24 Hours in A&E** Medics treat a 20-year-old man who has collapsed.
11.05 **24 Hours in A&E** Medics treat patients involved in road accidents.
12.10 AM **999: On the Front Line**
1.15 **24 Hours in A&E**
3.20 **to 3.55** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael explores Derby and Nottingham.
7.30 **Walking with Steph McGovern** Steph spends a day in the Yorkshire Dales.
8.00 NEW **Talking Pictures: Seventies Legends Part II** Actor Celia Imrie revisits 1970s Hollywood.
9.00 FILM **Taxi Driver** Martin Scorsese's drama starring Robert De Niro as a crazed taxi driver obsessed with saving an abused child. With Jodie Foster. (1976, 18, 110min) ★★★★★
10.50 FILM **Funeral in Berlin** Spy thriller sequel starring Michael Caine. Rebellious cockney spy Harry Palmer travels to Berlin to organise a Russian's defection. (1966, PG, 100min) ★★★
12.30 AM **Talking Pictures: Seventies Legends Part II**
1.30 **Becoming Frida Kahlo**
2.30 **Great British Railway Journeys** As 7.00pm.
3.00 **to 3.30** AM **Walking with Steph McGovern**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Modern Family**
6.50 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From south London.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **America's Funniest Home Videos** Decorating disasters.
11.00 **Below Deck Down Under**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons** Four episodes of the animation.
7.00 **The Simpsons** *Much Apu About Something:* Sanjay's son turns the Kwik-E-Mart into a health-food store.
7.30 *Love Is in the N2-O2-Ar-CO2-Ne-He-CH4:* Professor Frink plays matchmaker.
8.00 **Below Deck Down Under** New edition Tzarina cracks under pressure in the kitchen.
9.00 NEW SERIES **Cruising Paradise: Above and Below Deck** Following staff as they experience the highs and lows of working at sea.
10.00 **Gogglebox** Double bill.
12.05 AM **First Dates**
1.05 **Cruising Paradise: Above and Below Deck**
2.05 **Below Deck Down Under**
2.55 **Abbott Elementary**
3.20 **The Goldbergs**
4.10 **Brooklyn Nine-Nine**
4.55 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 | 306 | 30 | 123 | 256

Thursday primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Brit Cops: Rapid Response**
10.00 **Stop, Search, Seize**
11.00 **Bull** 14/22. (S6)
12.00 NOON **FBI** (S1)
2.00 PM **The Rookie** 2/22. Nolan tries to uncover the truth about a colleague's death. (S5)
3.00 **Law & Order: Criminal Intent** 1/16. Part one of two. Goren and Eames investigate an illegal arms deal. (S9)
4.00 **Nothing to Declare**

9.00 CIA

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Billions** 11 & 12/12. (S3)
10.05 **The White Lotus** 7/7. (S2)
11.25 **Task** 1/7. Crime drama. (S1)
12.35 PM **Homicide: Life on the Street** 6&7/22. (S4)
2.25 **Billions** 11 & 12/12. (S3)
4.30 **Task** 2/7. Tom prepares for an emotional court appearance. **5.40** 3/7. Robbie and Cliff try to find a buyer, and a raid leads Tom to a revelation. (S1)
6.45 **The Gilded Age** 8/8. Bertha finalises the ball guest list. (S3)

9.00 The Five-Star Weekend

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.30 **Dress to Impress**
8.30 **Sam and Billie: Sister Act**
9.30 **The Only Way Is Essex**
10.25 **Real Housewives of Salt...**
11.20 **Real Housewives of Orange...**
12.15 PM **Dinner Date**
1.15 **Supermarket Sweep**
2.15 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** New edition
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

1.15 Supermarket Sweep

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *The Stitcher Society:* The members of a post-operative rehab club start dying.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *A Gentleman's Sport:* Blaketon is overjoyed when he discovers a cricketing legend checked into the pub.

11.50 Trial & Retribution

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
7.00 **Dempsey and Makepeace**
8.05 **Boon**
9.10 **The Professionals**
10.20 **Robin of Sherwood**
11.30 **Magnum, PI**
1.35 PM **Dempsey and Makepeace**
3.45 **Boon**
4.50 **The Professionals** *The Female Factor:* Bodie and Doyle investigate the murder of a prostitute.
5.55 **Minder** *All Mod Cons:* Arthur tries to sell Terry's flat. Guest stars Toyah Willcox.

10.15 The Motorbike Show

7 PM

Sky Witness — **7.00 Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

Sky Atlantic — **7.55 True Detective: Night Country** 1/6. Drama starring Jodie Foster and Kali Reis. Eight men from an Arctic research station in Alaska vanish without a trace. (S4)

ITV2 — **7.00 The Floor USA** New edition Rob Lowe hosts the American version of the dramatic, fast-paced game show.

ITV3 — **6.55 Heartbeat** *Closing the Book:* An elderly patient's sudden death prompts a series of revelations about his shady past.

ITV4 — **7.00 River Monsters** Jeremy Wade investigates the Loch Ness Monster. **7.30** Exploring stories of primordial bloodsuckers.

8 PM

Sky Witness — **8.00 Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

ITV2 — **8.00 The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

ITV3 — **8.00 Vera** *Shadows in the Sky:* When a dock worker plunges from a multi-storey car park, Vera investigates a work dispute over a young man's death and uncovers a life of secrets and lies.

ITV4 — **8.00 Sharpe** *Sharpe's Enemy:* 2/3. Hakeswill returns to create more mischief for Sharpe, kidnapping a beautiful aristocrat and undermining the discipline of Wellesley's men. Guest stars Elizabeth Hurley. (S2)

9 PM

Sky Witness — **9.00 CIA** New episode *Fatal Defect:* 2/12. Colin and Bill enlist the help of a foreign intelligence officer to track down a smuggler. (S1)

Sky Atlantic — **9.00 The Five-Star Weekend** New episodes *Saturday Night – Nice Dinner Out:* 5/8. The gang hit the town. **9.55** *Sunday Morning – Fun Surprise!* 6/8. Brooke's marriage troubles are revealed. (S1) ■ Entire series on Box Sets
10.40 All Her Fault 3/8. Alcaras turns his attention to the recent marathon. (S1)
11.45 Task 1/7. An FBI agent heads up a task force to tackle a string of drug-house robberies. **1.00** AM 2&3/7. (S1)
3.10 Billions 7/12. (S3)
4.10 to 6.00 AM **Urban Secrets**

ITV2 — **9.00 The Princess Diaries** New edition Princess watches her dad perform, and is shocked by her mum's latest surgery.

ITV4 — **10.15 The Motorbike Show** Henry Cole teams up with a one-legged rider to enter the Vintage Motor Cycle Club's Banbury Run.
11.15 Black Sails 2/10. Flint gives Dufresne some advice. (S2)
12.20 AM **Hell's Kitchen** The chefs face a pasta challenge.
1.10 The Champions
2.05 Minder
3.00 Teleshopping
3.30 to 4.00 AM **Auto Mundial**

10 PM

Sky Witness — **10.00 Law & Order: Special Victims Unit** *Playing With Fire:* 19/22. The team uncover a pattern of rape and murder. (S26)
11.00 The Rookie 20/22. The team join forces with the FBI. (S4)
12.00 M'T **FBI** 11 & 12/22. (S1)
2.00 AM **FBI: International** (S3)
3.00 Road Wars
4.00 The Force: Manchester
5.00 to 6.00 AM **Border Security: Canada's Front Line**

Sky Atlantic — **10.00 Family Guy** 5/12. Joe leads a manhunt. **10.30** 6/12. Peter campaigns for immigration rights. (S6)
11.00 Family Guy 9/18. Brian accidentally sells Stewie's favourite teddy bear at a garage sale. (S5)
11.30 American Dad! 9&5/22. (S16)
12.35 AM **Bob's Burgers** (S13&14)
1.30 Deal or No Deal
2.25 to 3.00 AM **Unwind with ITV**

ITV3 — **10.00 Grantchester** 5/6. Sidney tries to put his life in Grantchester behind him by going in search of the man who stole Mrs Maguire's life savings. (S3)
11.00 Grantchester 6/6. Sidney resolves to resign from the church so he can marry Amanda. (S3)
11.50 Trial & Retribution
1.25 AM **Wycliffe** 3/9. (S4)
2.25 to 2.30 AM **Unwind with ITV**

ITV4 — **10.15 The Motorbike Show** Henry Cole teams up with a one-legged rider to enter the Vintage Motor Cycle Club's Banbury Run.
11.15 Black Sails 2/10. Flint gives Dufresne some advice. (S2)
12.20 AM **Hell's Kitchen** The chefs face a pasta challenge.
1.10 The Champions
2.05 Minder
3.00 Teleshopping
3.30 to 4.00 AM **Auto Mundial**

+1 hour 207 310 | +1 hour 208/209 | +1 hour 218 315 29 114 254 | +1 hour 219 317 116 | +1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Hidden Lives**
8.00 **Beechgrove Garden** New edition The team make plans for the winter.
8.30 **Scotland's Greatest Escape** Getaways steeped in history.
9.00 **Granite Harbour** New episode 2/3. Lindo and the team recover the murder weapon and find new leads. (S3) ■ Full series on BBC iPlayer
10.00 **Scot Squad** 1/6. The team are joined by new recruits Megan Squire and Andrea McGill. (S4)
10.30 **Cumming to the Cabaret** 3/6. Michelle gets a boost of confidence on the mic. **10.50** 4/6. The club work to raise funds for a local dog rescue.
11.15 **Des Doesn't Do... Art**
11.45 PM **to 12.00** M'T **Tune**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S3)
9.00 **Sort Of** 7&8/8. (S1)
10.00 **The Chair Company**
11.10 **Will & Grace** (S7)
12.20 PM **Avenue 5** (S1)
1.30 **The Chair Company**
2.45 **Will & Grace** (S6)
3.45 **Hacks** (S4&5)
5.00 **Community** (S1)
6.00 **Will & Grace** (S7)
7.00 **The Office (US)** 9/19. The Scranton branch is asked to participate in a Dunder Mifflin advert. **7.30** 10/19. Karen tries to lure Stanley from the Scranton branch. (S4)
8.00 **Hitmen: Reloaded** (S2)
9.00 **Ricky Gervais: Politics** The comedian's second live stand-up show.
10.30 **Last Week Tonight with John Oliver** Events from the past seven days.
11.15 **Hacks** (S4&5)
12.35 AM **Hitmen: Reloaded**
1.35 **Community** (S1)
2.40 **I Love LA** 7&8/8. (S1)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Cirque du Soleil: Volta** A production based on extreme sports.
8.10 **The Joy of Painting**
9.10 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **The Movies**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **The Seventies**
4.00 **Discovering**
5.00 **Portrait Artist 2021**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Discovering**
9.00 **The Life and Deaths of Christopher Lee**
11.10 **Hammer: Heroes, Legends and Monsters** Documentary charting the history of the film production company.
1.05 AM **National Theatre Live: Dr Strangelove**
3.00 **Van Gogh by Vincent**
4.00 **The Art of the Garden**
5.00 **to 6.00** AM **The Movies**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: Canada's Front Line**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 20/26. (S5)
5.00 **Stargate SG-1** (S8)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** 21/26. (S4)
8.00 **Police 24/7** Officers try to stop a fleeing suspect.
9.00 **Caught on Dashcam**
10.00 **Fred West: The Glasgow Girls**
11.00 **Star Trek: Enterprise**
12.00 M'T **Fantasy Island**
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** A team of five roller derby pals from Scotland take part.
3.00 **Supermarket Sweep** Rylan Clark hosts a revival of the game show.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern takes on the infamous Banker for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Supermarket Sweep** Rylan Clark hosts a revival of the supermarket-based game show.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable**
1.50 **Riddiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Find It, Fix It, Flog It**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me: Celebrity Christmas Special**
5.30 **A Place in the Sun**
7.00 **Extraordinary Extensions** A *Great Gatsby*-inspired palace.
8.00 **Hotel Chocolat Unwrapped** Behind the scenes at the chocolatier.
9.00 **The Piano** Claudia Winkleman and Mika arrive at York Station.
10.00 **FILM The Forgiven** Drama starring Ralph Fiennes, Jessica Chastain and Matt Smith. (2021, 18, 117min) ★★★
12.20 AM **Gogglebox**
1.20 **Celebrity Gogglebox**
2.20 **Murder Case: The Digital Detectives**
3.20 **Crime Scene Cleaners**
4.20 **to 5.00** AM **Kirstie and Phil's Love It or List It**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S4)
2.00 **Warehouse 13** 1&2/13. (S3)
4.00 **Stargate SG-1** 19/22. (S7)
5.00 **Star Trek: Voyager** 13/26. The Doctor's singing abilities make him a celebrity when the crew encounter an alien race who have never heard music. (S6)
6.00 **Star Trek: Enterprise** 10/24. Trip suffers a life-threatening injury. (S3)

2.00 Warehouse 13

7.00 **Stargate Atlantis** *Lifeline:* 2/20. Sheppard plans a daring infiltration into the Replicators' city to steal a power source. (S4)

8.00 **Stargate SG-1** *Resurrection:* 19/22. The SG-1 team investigate cross-species cloning. (S7)

9.00 **Resident Alien** *Welcome Aliens:* 9/10. Harry and Asta attend an alien convention. (S1)

10.00 **Grimm** *Inugami:* 17/22. Nick and Hank investigate when the severed head of a young man is found under a bridge. (S5)
11.00 **The Walking Dead** 7/16. Rick and Aaron search for Negan's supplies, while Carl and Jesus head to the Sanctuary. (S7)
12.10 AM **Resident Alien** 8/10. Harry must rely on Asta and D'arcy for survival. (S1)
1.10 **Warehouse 13** 1&2/13. (S3)
2.50 **The Walking Dead** (S7)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
9.00 **Shakespeare & Hathaway: Private Investigators** (S2)
10.00 **The Mentalist** 10/22. (S5)
11.00 **Hudson & Rex** 7/16. (S6)
12.00 NOON **Body of Proof** (S1)
1.00 PM **Death in Paradise** (S11)
2.00 **Murdoch Mysteries** (S7)
4.00 **The Mentalist** 10/22. (S5)
5.00 **Hudson & Rex** 7/16. (S6)
6.00 **Shakespeare & Hathaway: Private Investigators** 4/10. The duo investigate following a series of deadly 'accidents' on a psychic TV show. (S2)

9.00 The Hunting Party

7.00 **Private Eyes** *Crimes of Fashion:* 4/18. The detectives are hired to safeguard a fashion designer's collection. (S2)

8.00 **Death in Paradise** *Murdering Lyrical:* 7/9. A reggae rap artist is shot dead at a soundcheck for a concert. (S11)

9.00 NEW SERIES **The Hunting Party** *Ron Simms:* 1/13. Return of the crime drama. *See feature, page 12.* (S2)

10.00 **Father Brown** *The Kembleston Players:* The priest investigates when rehearsals for a play are derailed by a death.
11.00 **Private Eyes** As 7.00pm.
12.00 M'T **Shakespeare & Hathaway: Private Investigators** As 6.00pm.
1.00 AM **Death in Paradise** (S2)
2.00 **Murdoch Mysteries** (S7)
3.00 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
9.00 **The Green Green Grass**
9.40 **Are You Being Served?**
10.20 **Last of the Summer Wine**
11.40 **Dad**
12.20 PM **Only Fools and Horses**
1.00 **Keeping Up Appearances**
1.40 **Dad's Army**
2.20 **The Green Green Grass**
3.00 **Are You Being Served?**
3.40 **Dad**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

5.00 Last of the Summer Wine

7.00 **Porridge** Fletcher helps cellmate Godber make it through a long night.
7.35 **Dad's Army** The platoon defend headquarters against members of the Highland Regiment.
8.20 **Are You Being Served?** The staff celebrate young Mr Grace's birthday.

9.00 **Porridge** Mackay takes a well-earned holiday.
9.40 **The Office** David's ego gets a boost when he is headhunted by a public speaking agency.
10.20 **Not Going Out** Lee pretends to be gay to find out more about a new business acquaintance.
11.00 **Colin's Sandwich**
11.40 **Porridge**
12.20 AM **The Office**
1.00 **Not Going Out**
1.40 **Colin's Sandwich**
2.15 **Don't Wait Up**
2.45 **Hi-de-Hi!**
3.35 **to 4.00** AM **Toast of London**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.30 AM **Top Gear**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Long Weekends**
11.20 **Yukon Gold**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Martin Clunes: Islands of America** Documentary.
4.00 **Rick Stein's Long Weekends**
5.00 **Rick Stein's Spanish Christmas** Festive dishes.
6.00 **The Hairy Bikers: Mums Know Best** Recipes for high tea.

11.00 Taskmaster

7.00 **Mortimer & Whitehouse: Gone Fishing** The duo visit Christchurch, Dorset.
7.40 **Would I Lie to You?** With guests Lorraine Kelly, Dara O Briain, Barry Cryer and Sue Perkins. **8.20** With Chris Tarrant, Alexander Armstrong, Mel Giedroyc and Alex Jones.

9.00 **QI XL** The Rev Richard Coles, Sara Pascoe and Bill Bailey join regular panellist Alan Davies and host Stephen Fry.

10.00 **Have I Got a Bit More News for You** Bill Bailey guest hosts the satirical quiz, with guests Fin Taylor and Dawn Butler.
11.00 **Taskmaster** The comedians face a challenge involving a cement-filled shoebox.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Josh Widdicombe, Aisling Bea and Tony Hawks.
3.00 **to 4.00** AM **Taskmaster**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.25 **Classic Holby City**
10.45 **Casualty**
11.45 **The Bill**
12.50 PM **Classic EastEnders**
2.00 **Neighbours**
3.00 **Pie in the Sky**
4.05 **Lovejoy**
5.20 **As Time Goes By**
6.00 **Last of the Summer Wine** Hobbo tells Howard to start standing up for himself. **6.40** Pearl is led to believe Howard is living as a tramp.

8.00 The Marlow Murder Club

7.20 **Last of the Summer Wine** Howard asks Hobbo to deliver a message to Pearl, but is aghast to see his wife kissing his friend.

8.00 **The Marlow Murder Club** *Death on the Close – Part One:* 3/6. A man is found dead in the middle of a suburban road.

9.00 **The Marlow Murder Club** *Death on the Close – Part Two:* 4/6. A link to a past missing persons case is discovered. (S2)

10.00 **New Tricks** *The Truth Is Out There:* Jack examines a conspiracy theory that the American government was involved in the death of a journalist.
11.05 **Silent Witness** *Covenant:* A father and son are killed in an apparent car accident.
1.35 AM **Lovejoy**
2.40 **As Time Goes By**
3.10 **to 4.00** AM **Darby and Joan**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** (S21&22)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Close to Home:* 14/20. Jimmy's daughter finds a bag of money. **7.00** *Moonlit:* 15/20. A navy lieutenant's death reveals ties to Special Agent Sawyer. **8.00** *Ladies' Night: 16/20.* An arsonist is said to be at large. (S22)
9.00 **Blue Bloods** *Fallen Heroes:* 13/16. Jamie refuses to explain why he contests the arrest report of a fellow officer. (S11)
10.00 **Law & Order: Special Victims Unit** *Heartfelt Passages:* 23/23. As the investigation of Gary Munson goes on, his union takes action. (S17)
11.00 **Law & Order: Special Victims Unit** (S18&17)
1.55 AM **NCIS: Hawaii** (S3)
2.55 **to 3.50** AM **Wild Cards**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark**
10.00 **Ambulance: Code Red** Two men involved in the disposal of hazardous waste are injured in an explosion.
11.00 **Skin A&E**
12.00 M'T **Killer at the Crime Scene** Connor Lyons.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Skin A&E**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Commonwealth Games** The sixth day.
10.00 **Police Interceptors**
11.00 **Gunsmoke** (S12)
12.05 PM **FILM Dakota** Adventure. (1945, b/w, PG, 82min) ★★
1.50 **FILM The Fighting Kentuckian** Western. (1949, b/w, U) ★★★
4.00 **The Motorway**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Timber Titans** New edition The clock is ticking for Peters Contract Logging.
11.00 **The X-Files** 8/20. (S5)
12.00 M'T **World's Most Dangerous Prisoners**
1.00 AM **Outback Truckers**
2.00 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Abandoned Australia** Culinary show.
7.30 **Inside the Ambulance**
8.00 **Tipping Point**
10.00 **DIY SOS: Grenfell**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Brother v Brother**
6.00 **DIY SOS: Grenfell**
7.00 **DIY SOS: The Big Build** The team help a project manager in Avening in the Cotswolds, whose life was changed by a freak accident in Cyprus.
8.00 **Property Brothers: Under Pressure** New edition After selling their home, Malia and Garret want to find a place their family can put down roots. ■ Entire series on U
9.00 **DIY SOS: The Big Build**
11.00 **One Born: What Happened Next?**
1.00 **to 3.00** AM **Amber: The Girl Behind the Alert**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Bangers & Cash**
10.00 **Secret Nazi Bases**
11.00 **Auschwitz: The Nazis and the Final Solution**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Secret Nazi Bases**
5.00 **Auschwitz: The Nazis and the Final Solution**
6.00 **Antiques Roadshow**
7.00 **Asia** Animals in Asia that live at extremely close quarters with people.
8.00 **Bangers & Cash** New edition Derek collects an Opel Manta, while Charlie picks up a Morris Oxford.
9.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Great British Railway Journeys**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** In East Sussex.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Derbyshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** Angus Ashworth helps with an emotional house clearance in Stockton-on-Tees.
8.00 **Antiques Road Trip** Mark Stacey and Thomas Plant continue their road trip through the Kent countryside.
9.00 **The Bad Skin Clinic** Double bill of editions.
11.00 **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

THURSDAY Entertainment

Thursday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S5)
9.00 **Doctor Finlay** 2/8. (S4)
10.00 **Hamish Macbeth** (S3)
11.00 **Little House on the Prairie** 3&4/22. (S2)
1.00 PM **The Waltons** (S5)
4.00 **Little House on the Prairie** 3&4/22. (S2)
6.00 **Hamish Macbeth** (S3)
7.00 **M*A*S*H** 18/20. Guest stars Patrick Swayze. **7.30** 19/20. A Korean gives the 4077th a gift. **8.00** 20/20. Charles ends up developing a death fixation. (S9) **8.30** 1/22. Part one of two. A vaudeville troupe visits the 4077th. (S10)
9.00 **FILM Carry On Teacher** Comedy. (1959, b/w, U, 86min) ★★★
10.55 **Robin's Nest** (S2)
11.55 **M*A*S*H** (S9&10)
1.55 AM **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM **The High Chaparral**
10.10 **FILM The Charge of the Light Brigade** Period drama starring Trevor Howard. (1968, PG, 130min) ★★★
1.00 PM **The Unit** 9/13. (S1)
2.00 **Burn Notice** 4/16. (S2)
4.00 **FILM Assault on Station 33** Thriller with Sean Patrick Flanery. (2021, 15, 120min) ★★
6.00 **The Unit** 9/13. (S1)
7.00 **Burn Notice** 4/16. (S2)
9.00 **FILM Ulzana's Raid** Director Robert Aldrich's cult western. (1972, 15, 103min) ★★★★
11.15 **FILM The Duel** Western with Liam Hemsworth. (2016, 15, 110min) ★★
1.35 AM **Dragon Ball Super**
2.45 **Coast Guard Alaska**
3.40 **FILM Super Collider** Thriller starring Robin Dunne and Amy Bailey. (2013, PG, 90min) ★★
5.15 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **FILM Garage Sale Mysteries: The Art of Murder** (2017, PG) ★★
10.05 **FILM Morning Show Mysteries: Murder on the Menu** Drama. (2018, PG, 85min) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S4)
2.00 **Castle** 12/23. (S4)
3.00 **Diagnosis Murder** (S5)
5.00 **Murder, She Wrote**
7.00 **Castle** 13/23. (S4)
8.00 **Unforgettable** (S3)
9.00 **In Plain Sight** 3/13. (S4)
10.00 **FILM Morning Show Mysteries: Countdown to Murder** Drama. (2019, PG, 83min) ★★
11.55 **FILM An Aurora Teagarden Mystery: The Julius House** Thriller. (2016, PG, 90min) ★★
1.45 AM **FILM Secrets That Kill** (2020, 12) ★★
3.25 **to 5.00** AM **FILM Death By Friendship** Thriller. (2020, 12, 90min) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.00 AM **FILM Love at the Lodge** Romantic drama. (2022, U, 89min) ★★
10.10 **FILM 14 Love Letters** Drama. (2022, U) ★★
12.00 NOON **FILM The Clue to Love** Romantic drama. (2021, U, 89min) ★★
2.00 PM **FILM Let Love Grow** Romantic drama. (2023, U, 90min) ★★
4.00 **FILM Hearts in the Game** Romantic comedy. (2023, PG, 84min) ★★
5.50 **FILM The Soulmate Search** Romantic drama. (2024, PG, 89min) ★★
7.50 **FILM Dog Lovers Guide to Dating** Comedy. (2023, U, 82min) ★★
9.40 **FILM Matching Hearts** Drama. (2020, PG) ★★
11.45 **FILM Finding Mr Right** Romantic comedy. (2022, U, 91min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Let Love Grow** As 2.00pm.

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** From Bolton.
1.00 PM **Celebrity Coach Trip** From Portugal.
2.00 **Case Sensitive** 1/2. (S2)
3.00 **Garden Rescue**
4.00 **Rick Stein's Food Stories** A Filipino-style Sunday lunch.
4.45 **Edwardian Farm**
6.00 **Celebrity Coach Trip**
7.00 **Love Your Garden**
8.00 **Garden Rescue**
9.00 **Case Sensitive** *The Other Half Lives – Part One:* 1/2. A music teacher's husband is killed. (S2)
10.00 **FILM Can You Keep It Up for a Week?** Comedy starring Jeremy Bulloch. (1974, 18, 94min) ★
12.00 M'T **FILM Frustrated Wives** Sex comedy. (1974, 12, 84min) ★★
2.00 AM **Case Sensitive** (S2)
3.00 **Edwardian Farm**
4.15 **to 5.00** AM **Rick Stein's Food Stories**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
10.00 **Doctor in Charge**
10.30 **Bottle Boys** 3/6. (S2)
11.00 **The Fenn Street Gang**
11.30 **Hallelujah** 4/8. (S2)
12.00 NOON **Man in a Suitcase**
1.00 PM **Agony** 4/7. (S3)
1.30 **Press Gang** 6/12. (S1)
2.00 **Second Thoughts** (S3)
2.30 **The Fenn Street Gang**
3.00 **Hallelujah** 4/8. (S2)
3.30 **Boon** 13/13. (S5)
4.30 **Old Country** (S1)
5.00 **Stereo Underground**
6.00 **Press Gang** 6/12. (S1)
6.30 **Danger Man** 10/39. (S1)
7.00 **Bottle Boys** 3/6. (S2)
7.30 **Doctor in Charge** (S1)
8.00 **Man in a Suitcase** (S1)
9.00 **The New Statesman**
10.00 **FILM Can You Keep It Up for a Week?** Comedy. (1974, 18, 94min) ★
11.55 **FILM Night of the Living Dead** Horror. (1968, b/w, 15, 96min) ★★★★
1.40 AM **Stereo Underground**
2.40 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **Mysteries of the Missing** El Dorado.
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Opal Hunters: Red Dirt Road Trip** Double bill.
7.00 **Aussie Gold Hunters** The Millzilla breaks down, costing the Dirt Dogs $1,000 a day. **8.00** One of the gold hunters unearths a monster nugget.
9.00 **Expedition X** Exploring the Trans-Allegheny Lunatic Asylum.
10.00 **Expedition Files**
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Jamie's 5 Ingredient Mediterranean Meals**
7.00 **Hairy Bikers Go North**
8.00 **Jamie's 5 Ingredient Mediterranean Meals**
9.00 **Jamie Oliver: Cooking for Less**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **Hairy Bikers Go North**
4.00 **Nigella Bites**
5.00 **Jamie's 5 Ingredient Mediterranean Meals**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Michel Roux's French Country Cooking** Showcasing the cuisine of Southern France.
10.00 **Nigel Slater's Simple Suppers** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 22/28. (S1)
9.00 **Six Million Dollar Man**
10.00 **Babylon 5** 15/22. (S2)
11.00 **FILM Martian Land** Sci-fi action adventure. (2015, PG, 90min) ★
1.00 PM **FILM The Savage** Western. (1952, U) ★★
3.00 **FILM Apache Uprising** Western. (1966, PG) ★★
5.00 **Star Trek** 6/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 16/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM The Yards** Drama with Mark Wahlberg and Charlize Theron. (2000, 15, 116min) ★★★
11.15 **FILM 12 Rounds** Action thriller with John Cena. (2009, 12, 103min) ★★
1.20 AM **FILM The Courier** Thriller with Gary Oldman and Olga Kurylenko. (2019, 18, 99min) ★
3.15 **to 5.00** AM **FILM The Final Wish** Horror. (2019, 15, 95min) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **FILM Ape vs Monster** Adventure. (2021, 12, 88min) ★★
11.00 **Andromeda** 8/22. (S4)
12.00 NOON **FILM The Jigsaw Man** Cold War drama. (1983, 15, 91min) ★★
2.00 PM **FILM American Warships** Sci-fi thriller with Mario Van Peebles. (2012, 15, 85min) ★★
4.00 **Walker, Texas Ranger**
5.00 **FILM Age of Ice** Disaster movie starring Barton Bund and Bailey Spry. (2014, 15, 85min) ★
7.00 **Andromeda** 9/22. (S4)
8.00 **The A-Team** 3/25. (S3)
9.00 **FILM Rambo** Action drama sequel starring Sylvester Stallone. (2008, 18, 90min) ★★★
10.55 **FILM Papillon** Drama with Charlie Hunnam. (2017, 15, 133min) ★★★
1.30 AM **FILM Rambo** (2008)
3.20 **FILM Age of Ice** (2014)
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** In Leicestershire.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Container Wars**
9.20 **Hardcore Pawn**
1.05 PM **Pawn Stars**
2.05 **Money for Nothing**
3.05 **Container Wars**
4.05 **Ancient Aliens**
5.00 **Evidence of the Unexplained**
6.00 **Storage Wars**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal**
9.00 **We Are Not Alone** New edition A woman claiming to be an alien offers a man a choice.
10.00 **UFO POV**
11.00 **The Curse of Oak Island** Double bill.
1.00 AM **Evidence of the Unexplained**
2.00 **Cops Uncensored**
3.00 **Container Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Traditions**
11.00 **Ben Fogle: New Lives in the Wild** Spain.
12.00 NOON **All Creatures Great and Small** (S4)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.30 **Around the World by Train with Tony Robinson** From France.
5.00 **Brunel: The Man Who Built Britain**
6.00 **The Prisoner Queens: Elizabeth & Anne**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **PD James: An Unsuitable Job for a Woman** *Living on Risk – Part Two:* 2/4. Cordelia Gray unwittingly leads a killer to his prey. (S2)
10.05 **The Good Ship Murder**
11.05 **Prisoner: Cell Block H**
1.10 AM **Murder, She Wrote**
3.10 **to 4.00** AM **Mary Celeste: Solving the Mystery**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **The Celebrity Chase**
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz special.
5.00 **The Bidding Room**
6.00 **Tenable** Game show.
7.00 **Beat the Chasers**
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** Guests Edwina Currie, Rachel Riley, Keith Duffy and Mark Charnock take part.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
2.00 **The Chase Celebrity Special** Quiz special.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the comedy, including at: **8.30** 15/23. Leonard is invited to visit the Large Hadron Collider. (S3)
9.00 **FILM Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy and Judge Reinhold. Street-smart Detroit cop Axel Foley discovers that an LA theme park is a front for a counterfeiting gang. (1994, 15, 104min) ★★
11.00 **Unacceptable**
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** Variety show.
9.00 **Everybody Loves Raymond** 4-7/25. (S5)
11.00 **The Upper Hand**
1.00 PM **Friends** (S8&9)
7.15 **Friends** 4/24. Monica makes a discovery. **7.45** 5/24. It's Phoebe's birthday celebration. **8.15** 6/24. Ross and Rachel disagree. (S9)
9.00 **FILM The Dukes of Hazzard** Action comedy. (2005, 15, 104min) ★
11.00 **Stupid Central**
12.00 M'T **Whose Line Is It Anyway? USA**
1.00 AM **Iain Stirling's Roast the Internet**
2.00 **Gods of the Game**
2.30 **The Comedy Bus**
3.00 **Bradley & Barney Walsh: Breaking Dad**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S4&5)
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's...**
11.00 **Friends** (S3&4)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** 2-5/25. (S5)
7.00 **Michael McIntyre's Big Show** With Peter Andre.
8.00 **The Upper Hand** (S4)
9.00 **Rhod Gilbert's Growing Pains** With Lara Ricote.
10.00 **Friends** 3-8/24. (S8)
1.00 AM **8 Out of 10 Cats**
1.50 **Michael McIntyre's...**
2.50 **Jimmy Carr: Comedy Central Live 2**
3.10 **Jack Whitehall: Comedy Central Live**
3.35 **Impractical Jokers**
5.10 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 56 42

8.00 AM **Highlights**
10.10 **Bread** 13/14. (S6)
10.50 **Steptoe and Son** (S1)
11.25 **Oh, Doctor Beeching!**
12.00 NOON **Rising Damp**
12.35 PM **Man About the...**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 4/10. Drama. (S4)
2.45 **Minder** 1/11. (S4)
3.50 **Just Good Friends** (S1)
4.25 **Man About the House**
4.55 **Bread** 13/14. (S6)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.10 **Rising Damp** 4/7. (S1)
6.40 **Steptoe and Son** (S2)
7.20 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 3/11. (S1)
9.00 **Benidorm** 6/7. (S7)
9.55 **Shameless** 13/16. (S5)
10.55 **Man About the House**
11.25 **Mind Your Language**
11.55 **Benidorm** 6/7. (S7)
12.55 AM **Minder** 9/11. (S4)
2.00 **Duty Free**
2.55 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 2/13. (S1)
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Rich Kids Go Skint** Seventeen-year-old Mimi leaves her privileged life in Surrey to live with Kerena and her daughters.
8.00 **Judge Judy** Real-life small-claims cases.
9.00 **Just Tattoo of Us** Mother and daughter Melanie and Jess bare all.
10.00 **Jersey Shore Family Vacation** New edition
11.00 **Geordie Shore**
12.00 M'T **Ink Master: Angels**
1.00 AM **Ink Master**
2.45 **True Life Crime UK**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

30 July **Thursday**

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush** Double bill.
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.00** Making wine glasses and ice hockey goalkeepers' pads. **4.30** How cement, coffins and soft drinks are made.
5.00 **Alaska: Homestead Rescue** The Raneys face a swamp nightmare in Georgia.

9.00 Naked and Afraid: Global...

7.00 Last Chance Garage A Cherokee Chief hopes to become a transport for furry friends, and a Ford Torino gets repaired.

8.00 Last Chance Garage A client's Camaro faces roof damage that needs immediate attention.

9.00 Naked and Afraid: Global Showdown New edition A move to a new survival zone upends the challenge, teams must design and build a palm raft, while a crucial mistake puts a legend at risk of elimination.

11.00 **The Alaska Triangle** A secret government facility in the wilderness may be hiding an extra-terrestrial pyramid.
12.00 M'T **Deadliest Catch**
1.00 AM **Naked and Afraid: Global Showdown**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Bad Dog!** Documentary.
10.00 **Tanked** With Tracy Morgan.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees** Tia takes in a pit bull that was rescued.
3.00 **The Zoo: San Diego**
5.00 **Lone Star Law** A large number of poached birds are found on an abandoned boat.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff performs a surgery he has never done before on a dog with laboured breathing.

6.00 Dr Jeff

7.00 Treehouse Masters Pete Nelson builds a treehouse for the children of injured Marines.

8.00 Richard E Grant's Seven Deadly Sins The actor explores the origins of gluttony and whether it exists in the natural world.

9.00 Alaska: The Last Frontier The fall cattle round up takes a turn when a horse gets tangled in electric wire.

10.00 Alaskan Bush People The Browns bring a haul to Port Alexander, and poor weather becomes the least of their issues.

11.00 **In Search of Monsters** Theories related to Bigfoot.
12.00 M'T **Crikey! It's the Irwins** Moving day arrives for Acco, the zoo's biggest crocodile.
1.00 AM **Preposterous Pets**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Disaster Autopsy**
11.00 **Car S.O.S** A 1953 Riley RMF.
12.00 NOON **Ultimate Airport Dubai**
1.00 PM **Air Crash Investigation**
2.00 **World War II: Secrets from Above** Double bill.
4.00 **Lost Treasures of Egypt**
5.00 **Drain the Oceans: Rise of the Roman Empire** Undersea remains reveal the extent of the Roman empire's naval power.
6.00 **Liberation: D-Day to Berlin** A look at Hitler's surprise attack into liberated Belgium.

8.00 Pompeii: Out of Time

7.00 Air Crash Investigation An investigation into a plane that nosedived into the Indian Ocean after leaving Singapore.

8.00 Pompeii: Out of Time with Tom Hiddleston Series finale 3/3. New evidence reveals the fate of three real Romans.

9.00 Pompeii: Secrets of the Dead The remains of a group of people who died trying to flee the destruction of Pompeii.

10.00 Gladiators: Warriors of the Ancient World A Pompeii gladiator who survived the deadly games, but not Vesuvius.

11.00 **Air Crash Investigation** Pilots pull off a wheels-up landing.
12.00 M'T **Border Protection Spain**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **Lords of War**
2.55 **Made in a Day**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Prairie Dog Dynasty**

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Documentary.
6.30 **Storage Hunters**
9.15 **Pawn Stars** Documentary.
10.10 **Junk & Disorderly**
11.05 **Storage Wars**
12.00 NOON **How Disney Built America** Double bill.
2.00 PM **Pawn Stars** Four editions of the series, including at: **5.00** Chum gets a trio of vintage comic-strip characters.
6.00 **History's Greatest Picks with Mike Wolfe** Big budget items that stole the show.

6.00 History's Greatest Picks

7.00 Forged in Fire Bladesmiths salvage steel from a rusty pick-up truck to recreate the exotic Javanese Kris.

8.00 Britain's Lost Battlefields with Rob Bell One of the most violent rebellions by peasants against authority.

9.00 Jack the Ripper: Written in Blood 1/3. Dramatised documentary starring Moe Dunford and Chelsea Halfpenny.

10.00 Jack the Ripper: Written in Blood 2/3. With Whitechapel in panic, the Star incites violent anti-Semitic clashes.

11.00 **Jack the Ripper: Written in Blood** 3/3. The so-called 'From Hell' letter, which was apparently sent by the killer.
12.00 M'T **Secrets in the Jungle** Archaeologists identify a site containing unknown structures.
12.55 AM **Secrets in the Jungle**
1.50 **Pawn Stars** Four editions.
5.10 **to 6.00** AM **History's Greatest Picks with Mike Wolfe**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Nineties**
7.00 **Discovering: Peter Ustinov**
8.00 **The Directors**
9.00 **Urban Secrets**
10.00 **The Man Who Played with Fire** 4/4. Documentary.
11.00 **David Frost Vs** Jane Fonda.
12.00 NOON **Pee-wee as Himself** The life of Paul Reubens.
4.00 PM **The Directors**
5.00 **Discovering: Peter Ustinov**
6.00 **David Frost Vs** David's first encounter with boxing legend Muhammad Ali, which led to an unlikely lifelong friendship.

9.00 Monster in the Morgue

7.00 Germanwings: What Happened on Flight 9525? The circumstances surrounding the crash of an Airbus A320-211 in 2015, which killed 150 people and was found to have been deliberately caused by the co-pilot.
8.45 My Icon: Thierry Henry

9.00 David Fuller: Monster in the Morgue 1/2. Documentary about murderer and necrophile David Fuller.

10.00 David Fuller: Monster in the Morgue 2/2. A look at how David Fuller was finally brought to justice.

11.00 **Belushi** The life story of comedy star John Belushi, who captured the hearts of audiences worldwide.
1.00 AM **Murder in Boston: Roots, Rampage and Reckoning** 1-3/3. Examining the 1989 murder of Carol Stuart.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Peter Ustinov**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Gem Hunters Down Under** Double bill.
1.00 PM **Mike Brewer: Born Dealer** A Peugeot.
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **Outback Truckers** New edition
9.00 **Outback Opal Hunters** New edition Mooka Boys take a gamble.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories** Laura Davies.
12.00 NOON **The Real Death in Paradise**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Ben Butler.
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **Judge Rinder's Crime Stories** Victor Nealon.
8.00 **Murder on CCTV** Three people are all fatally shot. **9.00** The brutal murder of a 69-year-old woman.
10.00 **The Real Murders on Elm Street** Double bill.
12.00 M'T **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** The murder of Ellen Higginbottom.
8.00 **UK Crime Files: Murder Against All Odds** A case that shocked Newport in 1992.
9.00 **UK Crime Files: Brothers Who Kill** The case of brothers David and Roger Cooper.
10.00 **Fatal Fall: Murder or Accident?** Natalie Harker.
11.00 **Secrets of a Murder Detective** Documentary.
12.00 M'T **UK Crime Files: Murder Against All Odds** As 8.00pm.
1.00 AM **UK Crime Files: Brothers Who Kill**
2.00 **Fatal Fall: Murder or Accident?** As 10.00pm.
3.00 **Britain's Countryside Killers** As 7.00pm.
4.00 **to 6.00** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: Murder: A Fight for Justice** Documentary.
9.55 **UK Crime Files: Murder on the Rocks**
11.00 **Killers: Caught on Camera** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Murdered For Love**
3.00 **UK Crime Files: Seaside Lady Macbeth**
4.00 **Killers: Caught on Camera** Documentary.
5.00 **Medical Detectives** Detectives analyse a hair found at the scene. **5.30** A boy is killed in a mysterious fire. **6.00** Using orange fibres to solve a crime. **6.30** A man is found dead in a doctor's office.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **A1: Britain's Longest Road** Documentary.
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Killer in My Village** Sarah Ashwell.
1.00 PM **Murdered at First Sight** Lauren Landavazo.
2.00 **World's Most Evil Killers**
3.00 **Catching the Killer**
4.00 **The Real Manhunter**
5.00 **How I Caught the Killer**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Catching the Killer**
10.00 **The Idaho Murders**
12.00 M'T **Killer in My Village**
1.00 AM **Catching the Killer**
2.00 **The Real CSI: Miami**
3.00 **Send in the Dogs**
4.00 **A1: Britain's Longest Road** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** Documentary.
8.35 **Everest: The South West Face** Documentary.
9.45 **Pirates: Behind the Legends** John Ward.
10.40 **Maps of Power**
11.50 **A Final Landing on Iwo Jima** Documentary.
1.00 PM **America the...**
1.50 **Everest: The South West Face** Documentary.
3.00 **Pirates: Behind the Legends** John Ward.
4.00 **Maps of Power**
5.15 **A Final Landing on Iwo Jima** Documentary.
6.25 **Everest: The South West Face** Documentary.
7.40 **Pirates: Behind the Legends** John Ward.
8.40 **Maps of Power**
9.50 **A Final Landing on Iwo Jima** Documentary.
11.00 **Pirates: Behind the Legends** John Ward.
12.00 M'T **Maps of Power**
1.15 **to 2.00** AM **America the Bountiful**

THURSDAY

Thursday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **Europe's Amazon**
10.00 **New Kids in the Wild**
11.00 **Ireland's Wild Islands with Eoin Warner** Inishvickillane.
12.00 NOON **Evolution Earth**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Europe's Amazon**
4.00 **New Kids in the Wild**
5.00 **Ireland's Wild Islands with Eoin Warner** Inishvickillane.
6.00 **Evolution Earth**
7.00 **Monkey Life** Double bill.
8.00 **Superbeast** A celebration of nature's ultimate athletes.
9.00 **Wild Battlegrounds**
10.00 **Evolution Earth**
11.00 **Ireland's Wild Islands with Eoin Warner** Inishvickillane.
12.00 M'T **Reef Wrecks**
1.00 AM **Ol Pejeta Diaries**
2.00 **Superbeast** As 8.00pm.
3.00 **Wild Battlegrounds**
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Europe's Amazon**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Iconic Combat Machines**
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens**
1.00 PM **Life After People**
4.00 **The Egyptian Book of the Dead** Documentary.
6.00 **Mysteries from Above**
7.00 **Alien Corridors** The Falkirk Triangle, which has plentiful numbers of reports of abduction and missing persons.
8.00 **Battle 360** Reconstructing the 1944 battle of Leyte Gulf, using CGI animation to re-create one of World War Two's largest sea battles between America and Japan.
9.00 **World War II: Witness to War** How the Allies continued to push from the west to Berlin. **10.00** The war in the Pacific nears its violent end.
11.00 **Ancient Aliens**
1.00 AM **Alien Corridors**
2.00 **Life After People**
5.00 **to 6.00** AM **Crimes That Shook Britain**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Savage Builds**
1.00 PM **Secrets Underground**
3.00 **How the Universe Works**
6.00 **How It's Made** The making of antique frame replicas. **6.30** How Thai rice boxes and paper towels are made. **7.00** How tea, artificial flowers and alloy wheels are made. **7.30** The making of gel caps and frozen pancakes. **8.00** The making of aircraft seats and cremation urns. **8.30** How canoes and wooden stave bowls are made. **9.00** The making of Marseille soap and pocket knives. **9.30** Bamboo ceramic lights and asphalt compactors. **10.00** The making of asphalt pavers and basque espadrilles. **10.30** Featuring wood panel canvases and shoelaces.
11.00 **How Do They Do It?**
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Secrets Underground**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitive Hunters: Mexico**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Crimes That Shook Britain**
2.00 PM **Green Eyed Killers**
3.00 **Text Me When You Get Home**
6.00 **On the Case with Paula Zahn**
7.00 **The First 48**
8.00 **Green Eyed Killers**
9.00 **The First 48 Presents: Critical Minutes** New edition In Miami, a retired police captain is shot in broad daylight.
10.00 **Alaska State Troopers** New edition Officers chase a suspect into the woods, apprehend a wanted fugitive, and rescue stranded kayakers.
11.00 **K9 PD with Jim Belushi**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Los Angeles** Documentary.
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Incredible Animal Journeys**
11.00 **Alaska Animal Rescue**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Heartland Docs**
2.00 **Ocean Fight Club**
3.00 **World's Weirdest**
4.00 **Secrets of the Zoo**
5.00 **Yukon Vet**
7.00 **Secrets of the Zoo** The entire zoo is on watch as an elephant goes into labour.
8.00 **Built to Survive** Island-dwelling animals, from the dingo to the death adder snake. **8.30** Phil Breslin ventures into the Australian savannah.
9.00 **Amazonia's Giant Jaws** Documentary exploring a mysterious Amazonian lake.
10.00 **Lawless Island**
11.00 **Ultimate Airport Dubai**
12.00 M'T **World's Deadliest**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Alaska Animal Rescue**

Discovery History

161/172 147 181

7.00 AM **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Unexplained and Unexplored**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Conflicting results make determining the age of the universe difficult.
8.00 **Expedition Unknown** The buried secrets of three elusive women in ancient Egypt.
9.00 **Unexplained and Unexplored** Investigating the story of an English ship rumoured to be buried in a California desert.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Secret Nazi Bases**
1.00 PM **Secret Nazi Bases**
7.00 **Secret Nazi Bases** A small island fortress off the coast of France becomes the stage for a harrowing act of Nazi defiance. **8.00** Deep in the forests of East Prussia, a sprawling Nazi complex becomes the nerve centre of Hitler's empire – and the site of a daring plot against the Führer. **9.00** In 1942, a mysterious technology is facilitating a deadly Blitz. Desperate for answers, British intelligence sets its sights on an installation in Bruneval, France. **10.00** As Allied bombing raids escalate, a massive concrete dome rises from the French countryside, reportedly concealing a crucial component of Hitler's plan.
11.00 **Secret Nazi Bases**
5.20 **to 6.00** AM **Great British Railway Journeys** Michael Portillo visits Blackburn.

+1hour 266 376

ID

154 140 166

8.00 AM **Breaking Homicide**
11.00 **Hometown Homicide**
12.00 NOON **Calls from the Inside**
1.00 PM **American Monster**
2.00 **American Monster: Abuse of Power** An FBI investigation leads to a deadly conclusion.
3.00 **On the Case with Paula Zahn**
7.00 **Death by Fame** Examining the disappearance of Adea Shabani, who crossed oceans to pursue her Hollywood dreams. **8.00** In November 2008, James Brown's son-in-law, Darren Lumar, was shot dead. When detectives dig into Lumar's past, the possibility for motives becomes endless.
9.00 **Murder on CCTV** The shooting of Amanda Douglas and Jennifer Sudar Sanders. **10.00** A body is hidden in a suitcase and thrown into a bin.
11.00 **911: Did the Killer Call?**
12.00 M'T **Signs of a Psychopath**
1.00 AM **Murder Calls**
2.00 **On the Case with Paula Zahn**
4.00 **to 6.00** AM **Death by Fame**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Bad Chad Customs**
2.00 **Ant Anstead: Born Mechanic**
3.00 **G.A.S. Extreme Customs**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Street Outlaws: Locals Only**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only** Local small-tyre racers in Kentucky compete for $5,000.
9.00 **Last Outpost** Clint and Todd convert an old school bus.
10.00 **Bangla Bangers**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Street Outlaws: Locals Only** As shown at 8.00pm.
1.00 AM **Richard Hammond's Workshop** Richard opens a classic car restoration workshop.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Grand Prix of Europe**
7.45 **Anemone** Drama with Sean Bean. (2025, 15, 125min) ★★★
9.55 **Mortal Kombat II** As 8.00pm.
12.00 NOON **Wicked: For Good** Fantasy adventure sequel. (2025, PG, 137min) ★★★
2.25 PM **Eleanor the Great** (2025)
4.10 **Bugonia** Comedy thriller. (2025, 15, 118min) ★★★★
6.15 **Lurker** Crime drama starring Théodore Pellerin. (2025, 15, 100min) ★★★★

10.00 Anaconda

8.00 Mortal Kombat II Fantasy adventure sequel with Karl Urban, Adeline Rudolph and Martyn Ford. Several champions are pitted against one another in the ultimate battle to defeat the dark rule of Shao Kahn. (2024, 15, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Anaconda Action comedy starring Jack Black and Paul Rudd. Two friends encounter a terrifying creature while remaking their favourite movie. (2025, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Primate** Horror thriller. (2025, 18, 92min) ★★★
1.20 AM **Eleanor the Great** Scarlett Johansson's drama. (2025, 12, 98min) ★★★★
3.05 **In Cold Light** Crime thriller. (2025, 15, 96min) ★★★
4.45 **to 6.25** AM **Grand Prix of Europe** Animated family adventure. (2025, U, 98min)

Sky Cinema Spider-Man

303 303 403 503 517

6.00 AM **Spider-Man** As 12.50am.
8.10 **Spider-Man 2** As 3.05am.
10.25 **Spider-Man 3** Fantasy sequel. (2007, 12, 139min) ★★★
12.50 PM **The Amazing Spider-Man** Superhero adventure. (2012, 12, 136min) ★★★
3.15 **The Amazing Spider-Man 2** Superhero adventure sequel. (2014, 12, 142min) ★★★
5.40 **Spider-Man: Homecoming** Superhero adventure. (2017, 12, 133min) ★★★★

8.00 Spider-Man: No Way Home

8.00 Spider-Man: No Way Home Adventure sequel starring Tom Holland and Benedict Cumberbatch. Peter Parker asks Doctor Strange for help to change the past, only to face foes from parallel universes. With Zendaya. (2021, 12, 148min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 Spider-Man: Into the Spider-Verse Animation featuring the voice of Shameik Moore. Student Miles Morales becomes a version of Spider-Man, and crosses paths with counterparts from other dimensions. (2018, PG, 117min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Spider-Man** Fantasy. (2002, 12, 121min) ★★★★
3.05 **Spider-Man 2** Fantasy sequel. (2004, PG, 127min) ★★★★
5.25 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

6.20 AM **Wish You Were Here**
8.10 **Don't Let's Go to the Dogs...**
9.55 **Footloose** As 1.30am.
12.00 NOON **Joker: Folie à Deux** Thriller starring Joaquin Phoenix. (2024, 15, 138min) ★★★★
2.30 PM **Widow Clicquot** Drama. (2023, 15, 90min) ★★★★
4.15 **Don't Let's Go to the Dogs Tonight** Fact-based drama. (2024, 15, 99min) ★★★★

6.00 **True Grit** Western remake with Jeff Bridges and Hailee Steinfeld. (2010, 15, 110min) ★★★★
8.00 **The Post** Fact-based drama with Meryl Streep and Tom Hanks. In 1971, American newspapers race to expose a government cover-up of Vietnam War secrets. (2017, 12, 113min) ★★★★
10.10 **The Green Mile** Supernatural prison drama based on Stephen King's novella, with Tom Hanks and Michael Clarke Duncan. (1999, 18, 189min) ★★★★

1.30 AM **Footloose** Dance drama remake with Kenny Wormald. (2011, 12, 113min) ★★★
3.35 **Wish You Were Here** Drama. (2025, 12, 99min) ★★★
5.30 **to 7.20** AM **Babylon** Ground-breaking British drama. (1980, 15, 94min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.50 AM **The Chronicles of Riddick** Sci-fi adventure sequel to *Pitch Black*. (2004, 15, 119min) ★★★
8.55 **Riddick** Sci-fi thriller sequel. (2013, 15, 122min) ★★★
10.55 **Annabelle** Horror thriller. (2014, 15, 97min) ★★
12.45 PM **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
2.45 **Final Destination: Bloodlines** Horror. (2025, 15, 110min) ★★★★

4.40 **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★
6.25 **Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
8.00 **Zombieland: Double Tap** Horror comedy sequel starring Woody Harrelson, Jesse Eisenberg and Emma Stone. (2019, 15, 99min) ★★★
9.40 **28 Years Later** Director Danny Boyle's horror sequel starring Jodie Comer, Aaron Taylor-Johnson and Rocco Haynes. (2025, 15, 115min) ★★★★

11.40 **Interview with the Vampire** Horror. (1994, 18) ★★★★
1.45 AM **Event Horizon** Sci-fi horror thriller. (1997, 18, 96min) ★★★
3.25 **Constantine** Supernatural thriller. (2005, 15, 121min) ★★★
5.30 **to 7.10** AM **Westworld** Sci-fi thriller. (1973, 15, 89min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.45 AM **The Wizard of Oz** (1939)
8.30 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
11.10 **Jumanji: Welcome to the Jungle** Fantasy comedy. (2017, 12, 119min) ★★★★
1.10 PM **Hook** Fantasy adventure. (1991, U, 140min) ★★★
3.35 **Wicked: For Good** Fantasy. (2025, PG, 137min) ★★★
6.00 **E.T. The Extra Terrestrial** Steven Spielberg's fantasy. (1982, U, 114min) ★★★★★

10.00 A Series of Unfortunate...

7.55 **Jumanji: The Next Level** Fantasy adventure sequel starring Dwayne Johnson, Karen Gillan, Kevin Hart and Jack Black. Players of the rebooted Jumanji return and attempt to rescue one of their own. With Danny DeVito. (2019, 12, 123min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Lemony Snicket's A Series of Unfortunate Events** Fantasy comedy with Jim Carrey. (2004, PG, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The SpongeBob Movie: Sponge Out of Water** Animation. (2015, U) ★★★
1.40 AM **The Wizard of Oz** Fantasy. (1939, U, 98min) ★★★★★
3.25 **Teenage Mutant Ninja Turtles** Fantasy adventure. (2014, 12, 101min) ★★
5.10 **Cinema List: Family Favourites**
5.40 **to 7.35** AM **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy sequel. (2016, 12, 112min) ★★★

Sky Cinema Action

306 306 407 507 521

6.50 AM **Olympus Has Fallen** Thriller. (2011, 15, 119min) ★★★
8.50 **Hounds of War** Action thriller. (2024, 15, 95min) ★★★
10.35 **Troy** Epic historical drama. (2004, 15, 163min) ★★★
1.25 PM **Bad Boys II** Action comedy thriller sequel. (2003, 15, 147min) ★★★
4.00 **Fuze** Thriller with Theo James. (2026, 15, 97min) ★★★
5.45 **Bullet Train** Comedy thriller. (2022, 15, 127min) ★★★★

10.10 Robin Hood: Prince of...

8.00 **Jurassic World: Fallen Kingdom** Adventure sequel starring Chris Pratt and Bryce Dallas Howard. While trying to protect genetically engineered dinosaurs, Owen Grady and Claire Dearing uncover a conspiracy. (2018, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Robin Hood: Prince of Thieves** Adventure starring Kevin Costner. Robin Hood forms a band of outlaws to exact revenge on the tyrannical Sheriff of Nottingham. (1991, PG, 138min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Wrath of the Titans** Fantasy with Sam Worthington. (2012, 12, 99min) ★★
2.30 **Love Hurts** Action comedy. (2025, 15, 83min) ★★
4.05 **Long Gone Heroes** Thriller. (2024, 15, 101min) ★★★
5.55 **to 7.30** AM **Safe House** Thriller. (2025, 15, 90min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.40 AM **Jackie Chan's The Tuxedo** Comedy. (2002, 12, 98min) ★★
8.20 **Kindergarten Cop** Comedy thriller. (1990, 15, 111min) ★★★
10.15 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
12.15 PM **Mamma Mia! Here We Go Again** (2018, PG) ★★★★
2.15 **Yesterday** (2019, 12) ★★★
4.15 **The Wedding Singer** Comedy. (1998, 12, 97min) ★★★★
6.00 **Pitch Perfect** Musical comedy. (2012, 12, 112min) ★★★★

9.50 The Whole Nine Yards

8.00 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy as a brash Detroit police detective investigating a friend's murder in Beverly Hills. With Judge Reinhold, John Ashton and Ronny Cox. (1984, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

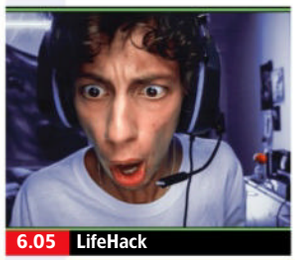
9.50 **The Whole Nine Yards** Black comedy thriller starring Bruce Willis and Matthew Perry. A henpecked dentist forms an unlikely alliance with a veteran hit-man. (2000, 15, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Risky Business** Comedy drama. (1983, 18, 98min) ★★★★
1.10 AM **Anaconda** Action comedy. (2025, 12, 99min) ★★★
3.00 **Team America: World Police** Spoof of Hollywood action movies performed by puppets. (2004, 15, 98min) ★★★★
4.50 **to 6.50** AM **Finding Your Feet** Comedy. (2017, 12, 109min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.05 AM **Psycho** As 2.25am.
8.00 **Hotel Mumbai** Thriller. (2018, 15, 123min) ★★★★
10.10 **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★
12.20 PM **Dead Man's Wire** Thriller. (2025, 15, 104min) ★★★★
2.20 **RocknRolla** Comedy thriller. (2008, 15, 110min) ★★
4.20 **Cellular** Suspense thriller. (2004, 15, 94min) ★★★
6.05 **LifeHack** Heist thriller. (2025, 15, 97min) ★★★



6.05 LifeHack

7.55 **Sherlock Holmes** Guy Ritchie's action adventure starring Robert Downey Jr and Jude Law. Sherlock Holmes and Dr Watson strive to foil a plot by a Satan-worshipping aristocrat to bring down Parliament and seize power. With Mark Strong. (2009, 12, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Sherlock Holmes: A Game of Shadows** Guy Ritchie's action adventure sequel starring Robert Downey Jr, Jude Law and Noomi Rapace. (2011, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Nightcrawler** Crime thriller starring Jake Gyllenhaal. (2014, 15, 115min) ★★★★
2.25 **Psycho** Alfred Hitchcock's notorious horror chiller. (1960, b/w, 15, 109min) ★★★★★
4.25 **to 6.00** AM **Head Count** Thriller with Aaron Jakubenko. (2023, 15, 77min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Drums Along the Mohawk** John Ford adventure. (1939, PG, 103min) ★★★
1.10 PM **The Siege at Red River** Western. (1954, PG) ★★★
2.55 **Jingle All the Way** Action comedy. (1996, PG) ★★★
4.40 **Robot Dreams** Animation. (2023, PG, 113min) ★★★★
6.45 **Fisherman's Friends** Comedy drama starring James Purefoy. (2019, 12, 112min) ★★★

6.45 Fisherman's Friends

Fisherman's Friends (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Beast** Action thriller starring Idris Elba and Sharlto Copley. A recently widowed man and his teenage daughters are hunted by a huge rogue lion in the savanna. (2022, 15, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **The Last Duel** Epic drama starring Matt Damon. King Charles VI declares that Knight Jean de Carrouges settle his dispute with his squire by challenging him to a duel. (2021, 18, 152min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.50 **to 3.50** AM **Happening** French drama. Subtitled. (2021, 15, 100min) ★★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Animation

302 302 402 502 516

6.15 AM **Wallace & Gromit: The Curse of the Were-Rabbit**
7.50 **The Pirates! In an Adventure with Scientists** Adventure. (2012, U, 87min) ★★★★
9.25 **Corpse Bride** Animated fantasy. (2005, PG, 74min) ★★★★
10.45 **Grand Prix of Europe** Animation. (2025, U, 98min)
12.30 PM **The Wild Robot** Animation. (2024, U, 102min) ★★★★

2.20 **The Secret Life of Pets** Animation. (2016, U) ★★★
4.00 **The Secret Life of Pets 2** Animated comedy adventure sequel. (2019, U, 86min) ★★★
5.30 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
7.00 **DC League of Super-Pets** Animated comedy adventure (2022, PG, 105min) ★★★
8.50 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★

10.25 **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★
12.10 AM **Flushed Away** Animation. (2006, U, 85min) ★★★★
1.45 **Shark Tale** (2004, U) ★★★★
3.25 **Dog Man** (2025, U) ★★★★
5.05 **to 6.40** AM **Flushed Away**

Sky Cinema Greats

307 307 404 504 518

6.10 AM **Legends of the Fall** (1994)
8.25 **Empire of the Sun** As 5.45am.
11.00 **Jerry Maguire** As 2.40am.
1.20 PM **Batman** Adventure. (1989, 15, 121min) ★★★★
3.30 **Batman Returns** Adventure. (1992, 12, 121min) ★★★★
5.40 **Legends of the Fall** Epic drama starring Brad Pitt, Anthony Hopkins and Aidan Quinn. (1994, 15, 133min) ★★★★

8.00 **Batman Forever** Adventure starring Val Kilmer, Tommy Lee Jones, Jim Carrey, and Chris O'Donnell. Black-cloaked vigilante Batman and his new partner Robin tackle psychotic criminals Two-Face and The Riddler. (1995, 12, 121min) ★★★
10.05 **Batman & Robin** Adventure starring George Clooney. Batman and Robin, aided by new ally Batgirl, take on fearsome villains Mr Freeze and Poison Ivy. (1997, PG, 125min) ★★

12.15 AM **The Shawshank Redemption** Prison drama. (1994, 15, 142min) ★★★★★
2.40 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
5.00 **Sky Cinema Preview**
5.45 **to 8.20** AM **Empire of the Sun** Epic drama. (1987, PG) ★★★★

Disney+ Cinema

305 305

6.00 AM **Duck Tales the Movie: Treasure of the Lost Lamp** Animation. (1990, U) ★★★
7.25 **Bambi** Feature-length cartoon. (1942, U, 69min) ★★★★★
8.40 **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
10.25 **The Lion King** Animation. (2019, PG, 118min) ★★★
11.55 **Percy Jackson: Sea of Monsters** Fantasy sequel. (2013, PG) ★★★

1.45 PM **A Bug's Life** Animation. (1998, U, 94min) ★★★★★
3.25 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
5.10 **Mulan** Animated adventure. (1998, U, 88min) ★★★
6.40 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
9.00 **The Amateur** Action thriller. (2025, 12, 125min) ★★★★
11.05 **Hitman: Agent 47** Action thriller. (2015, 15, 92min) ★★

12.45 AM **The East** Thriller starring and co-written by Brit Marling. (2013, 15, 111min) ★★★★
2.40 **Bad Company** Comedy thriller. (2002, 12, 112min) ★★★
4.40 **to 6.00** AM **A Goofy Movie** Feature-length animated comedy. (1995, U, 78min) ★★

Movies 24

312 313 419

7.00 AM **Santa Tell Me** Romantic drama. (2024, PG, 84min) ★★
9.00 **Holiday Touchdown: A Bills Love Story** (2025, PG) ★★
11.00 **A Keller Christmas Vacation** Drama. (2025, PG, 89min) ★★
1.00 PM **Mystery on Mistletoe Lane** Drama (2023, PG, 90min) ★★
3.00 **'Twas the Date Before Christmas** Romantic drama. (2024, PG, 84min) ★★

5.00 **Catch Me If You Claus** Fantasy drama. (2023, PG, 84min) ★★
7.00 **The Snow Must Go On** Festive drama starring Corey Cott. (2025, PG, 90min) ★★
9.00 **Christmas Above the Clouds** Festive drama with Erin Krakow and Tyler Hynes. A workaholic CEO is forced to confront her past while attempting to skip Christmas with a long haul flight. (2025, PG, 90min) ★★
11.00 **A Very Merry Mix Up** Romantic comedy. (2023, PG, 90min) ★★

1.00 AM **A Very Vermont Christmas** Festive drama starring Katie Leclerc. (2024, PG, 88min) ★★
3.00 **to 5.00** AM **To Have and To Holiday** Festive romance. (2024, PG, 90min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **A Matter of Murder** Drama. (1949, b/w, PG, 59min) ★★★
7.10 **Glimpses: Just for Fun**
7.35 **The Adventures of PC 49: Investigating the Case of the Guardian Angel** (1949) ★★★
8.50 **Walk a Crooked Mile** Drama. (1948, b/w, PG, 91min) ★★★
10.40 **The Miracle of the Bells** Drama. (1948, b/w, U) ★★★
1.00 PM **Adventures of Sir Lancelot**

1.30 **The Black Rider** Melodrama. (1954, b/w, U, 66min) ★★
2.50 **The Late Edwina Black** Thriller. (1951, b/w, PG, 78min) ★★
4.25 **The Naked Truth** Comedy. (1957, b/w, U, 88min) ★★★
6.15 **Cinebox Memories**
6.20 **Strange But True**
6.55 **The Brothers** 8/13. (S3)
8.00 **Mark Saber** 39/39. (S4)
8.30 **The Wheeltappers and Shunters Social Club**
9.20 **Fritz the Cat** Animated satire. (1972, 18, 78min) ★★★

11.00 **Deux Hommes dans la Ville** Drama. (1973, 15, 100min) ★★★
1.00 AM **Scotland Yard** 5/39. (S1)
1.35 **Doomwatch** 4/12. (S3)
2.35 **Flannelfoot** (1953, b/w, U) ★
4.00 **Burke's Law** 31/32. (S1)
5.00 **to 6.00** AM **It Happened in Soho** (1948, b/w, PG) ★★★

THURSDAY Sport 30 July

Thursday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 LIVE **Women's Golf** Day one of the AIG Women's Open Championship from Royal Lytham & St Annes Golf Club.
1.00 PM LIVE **Women's Golf** Further coverage of the opening day of the AIG Women's Open Championship from Royal Lytham & St Annes Golf Club, Lancashire.
7.00 LIVE **The Hundred** **Southern Brave v Birmingham Phoenix.** Coverage of the men's match from Utilita Bowl, Southampton. Start-time **6.30pm**.
9.30 LIVE **PGA Tour Golf** Coverage of the opening day of the Rocket Classic at the Detroit Golf Club.
11.00 LIVE **WTA & ATP Tennis** Coverage of day four of the Washington DC Open held at William H.G. FitzGerald Tennis Center in the USA. Dan Evans and Cameron Norrie both saw their participation at last year's event come to an end in the third round.
2.00 AM LIVE **WTA & ATP Tennis** The latest coverage from the Tours.
3.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **PL Best Goals 11/12**
8.00 **Premier League 100 Club**
9.00 **Premier League Review**
1.00 PM **Premier League Review** Action from the 17th round of fixtures in the 2025/26 season. **2.00** The 18th round of games. **3.00** Highlights from the 19th round of top-flight matches. **4.00** A look back at action from the 20th round of fixtures. **5.00** Action from the 21st round of top-flight matches.
6.00 **Premier League Review** Action from the 22nd round of fixtures. **7.00** Highlights from the 23rd round of top-flight matches. **8.00** A look back at action from the 24th round of fixtures. **9.00** Highlights from the 25th round of top-flight matches.
10.00 **Premier League Review** Best goals of the 2025/26 season.
11.00 **Premier League Years** A look back at the 2018/19 season.
1.00 AM **PL Retro** Arsenal v Manchester United from 1997.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL** The 2013/14 play-offs.
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Best Goals: EFL Cup 25/26**
11.30 **EFL Trophy Football**
12.00 NOON **SPFL** Archive action.
12.30 PM **Best SPFL Goals 2021/22**
1.00 **1983: When Aberdeen Ruled Europe** Documentary.
2.00 **Dundee United: Champions 83**
2.30 **Old Firm Derby Best Goals**
3.00 **Celtic's Invincibles**
4.00 **SPFL Greatest Games**
5.00 **EFL Greatest Games**
6.00 **Best SPFL Goals 2022/23**
6.30 **Best SPFL Goals 2023/24**
7.00 **150 Years of the Edinburgh Derby** Hearts v Hibernian.
8.00 **John Robertson: Hammer of Hibs** The striker's derby goals.
8.30 **SPFL: Edinburgh Derby Goals**
9.00 **Henrik Larsson: 20 Years On**
10.00 **SPFL Greatest Games**
11.00 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro**
2.00 AM **Old Firm Derby Best Goals**
2.30 **Edinburgh Derby Best Goals**
3.00 **SPFL Greatest Games**
3.30 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **to 6.00** AM **Greatest Games**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred**
9.30 **The Hundred Bitesize**
10.00 **The Hundred** Recent action.
1.30 PM **The Hundred Bitesize**
2.45 LIVE **The Hundred** **Southern Brave v Birmingham Phoenix.** Coverage of the women's match from Utilita Bowl, Southampton. Start-time **3.00pm**.
6.00 LIVE **The Hundred** **Southern Brave v Birmingham Phoenix.** Coverage of the men's match staged at Utilita Bowl, Southampton. The hosts won this meeting easily last season as they came away with an impressive nine-wicket victory at this ground. Start-time **6.30pm**.
9.30 **The Hundred Bitesize** Highlights of Southern Brave Women v Birmingham Phoenix Women. **9.45** Highlights of Southern Brave Men v Birmingham Phoenix Men.
10.00 **The Hundred** Southern Brave Men v Birmingham Phoenix Men.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** Southern Brave Women v Birmingham Phoenix Women from Utilita Bowl.
5.15 **Best of ICC WT20**
5.45 **to 6.00** AM **The Hundred**

Sky Sports Golf

406 406 506 423 443

6.00 AM **PGA Tour Golf**
7.00 **HotelPlanner Tour Golf**
7.30 **PGA Tour: The Cut**
8.00 **AIG Women's Open Official Film 2025**
9.00 LIVE **Women's Golf** Day one of the AIG Women's Open Championship from Royal Lytham & St Annes Golf Club.
1.00 PM LIVE **Women's Golf** Further coverage of the opening day of the AIG Women's Open Championship at Royal Lytham & St Annes Golf Club. Japan's Miyu Yamashita won this event last year after she ended on 11-under-par.
7.00 LIVE **PGA Tour Golf** The opening day of the Rocket Classic at the Detroit Golf Club.
11.00 **Women's Golf** The AIG Women's Open Championship first day.
12.00 M'T **PGA Tour Champions**
1.00 AM **Women's Golf**
2.00 **PGA Tour Golf**
4.00 **Women's Golf** Highlights.
5.00 **to 6.00** AM **School of Golf**

TNT Sports 1

410 413 521 408 430

6.00 AM **Ultimate Pool**
7.30 **The WRC Magazine**
8.00 LIVE **Fencing World Championship** Coverage from the sixth day at AsiaWorld-Expo.
12.45 PM **Tour de France Women**
1.15 **Playing for Our Future: Cycling**
1.30 LIVE **Men's Cycling Pro Series** Coverage of the third stage of the Tour of Ain.
3.15 LIVE **Men's Cycling Pro Series** Coverage of the second stage of the Tour of Denmark.
4.45 **The Gruppetto** Cycling news.
5.00 **LIV Golf** Action from Uttoxeter.
6.00 **MLB Highlights**
7.00 LIVE **MLB** **St Louis Cardinals v Chicago Cubs.** Coverage of the National League match staged at Busch Stadium. Start-time **7.15pm**.
10.00 **MLB Plays of the Week**
10.30 **MLB Highlights**
12.00 M'T LIVE **MLB** **Atlanta Braves v Washington Nationals.** Coverage of the National League match staged at Truist Park. Start-time **12.15am**.
3.00 AM **MLB Plays of the Week**
3.30 **TNT Sports Reload**
4.00 **to 6.00** AM LIVE **Snooker**

TNT Sports 2

411 414 522 409 431

6.00 AM **Commonwealth Games**
8.30 LIVE **Commonwealth Games** Coverage from the day session on the seventh day of the Games staged in Glasgow. Events taking place today include Malawi v Tonga and Uganda v Scotland in the netball, the men's 110kg final in the weightlifting, the men's Decathlon 100 metre race, and the men's tandem B 1000m time trial final in the cycling.
6.00 PM LIVE **Commonwealth Games** Coverage from the night session on day seven of the Games staged in Glasgow.
10.30 **Commonwealth Games: Daily Highlights** Action from the seventh day of the Games.
11.30 **Commonwealth Games Netball**
12.30 AM **Commonwealth Games: Track Cycling & Para Track Cycling** Action from the second session on the seventh day.
1.30 **Commonwealth Games: Athletics & Para Athletics**
2.30 **Commonwealth Games: Daily Highlights** The seventh day.
3.30 **Commonwealth Games Netball**
4.00 **to 6.00** AM **Commonwealth Games**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
9.00 **NFL Highlights**
10.00 **NBA on Fire** The latest news.
10.30 **My Icon** Sporting influences.
10.50 LIVE **NRL** **North Queensland Cowboys v Sydney Roosters.** Coverage of the match from the 22nd round of fixtures at Queensland Country Bank Stadium in Townsville. Kick-off **10.50am**.
12.50 PM **My Icon** Shaun Gayle.
1.00 **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.15 **Super Bowl LX Bitesize** Seattle Seahawks v New England Patriots.
5.30 **NBA on Fire** The latest news.
6.00 **NBC's Pro-Football Talk**
8.00 **NBA Basketball** Los Angeles Clippers v Golden State Warriors.
10.00 **NBA on Fire** The latest news.
10.30 **NFL Bitesize Highlights**
10.45 **Super League Highlights**
11.00 **NFL Highlights**
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super League Highlights**
2.00 **Super League**
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports News**
10.30 **EFL Greatest Games**
10.50 LIVE **NRL** **North Queensland Cowboys v Sydney Roosters.** Coverage of the match from the 22nd round of fixtures at Queensland Country Bank Stadium in Townsville. Kick-off **10.50am**.
12.50 PM **EFL Greatest Games** Luton Town v Blackpool from 2017.
1.00 **Lunchtime Live**
2.00 **Sports Desk** Sports news with live analysis and comments.
5.00 LIVE **WTA & ATP Tennis** Coverage of the fourth day of the Washington DC Open, a hard-court tournament staged at William H.G. FitzGerald Tennis Center in the USA. Dan Evans and Cameron Norrie both saw their participation at last year's event come to an end in the third round, as they suffered straight-set losses to Corentin Moutet and Brandon Nakashima respectively.
4.00 AM **ATP Tennis** Madrid Open.
5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Tennis

408 408 508 425 445

6.00 AM LIVE **ATP Tennis** Day three of the Los Cabos Open, a hard-court tournament at Cabo Sports Complex in Mexico.
8.00 **WTA & ATP Tennis**
11.00 **ATP Tour This Week**
11.30 **WTA Tennis** Hamburg Open.
12.30 PM **ATP Tour This Week**
1.00 **WTA & ATP Tennis**
4.00 LIVE **WTA & ATP Tennis** Coverage of the fourth day of the Washington DC Open at William H.G. FitzGerald Tennis Center.
2.00 AM LIVE **WTA & ATP Tennis** Coverage from the latest events on the Tours, including the WTA and ATP Washington DC Open, and the ATP Los Cabos Open.
3.30 **to 6.00** AM LIVE **ATP Tennis** Day four of the Los Cabos Open at Cabo Sports Complex, Mexico.

TNT Sports 3

413 415 523 410 432

6.00 AM **Formula E Highlights**
8.00 **Fishing: On the Bank**
9.00 **Test Cricket Highlights**
10.00 **TNT Sports Reload**
10.15 LIVE **AFL** **Collingwood Magpies v Geelong Cats.** Bounce-up **10.30am**.
1.30 PM **A-Z: Commonwealth Games**
1.45 LIVE **Commonwealth Games – Weightlifting** Women's final.
4.30 LIVE **Commonwealth Games – Track Cycling & Para Track Cycling** The seventh day.
7.00 LIVE **Commonwealth Games – Netball** Jamaica v Wales.
8.30 **A-Z: Commonwealth Games**
8.45 LIVE **Commonwealth Games – Netball** England v South Africa.
10.30 **Men's Cycling Pro Series**
12.30 AM **AFL** A recent match replay.
2.00 **NWSL** Recent highlights.
3.00 **LIV Golf** Action from Uttoxeter.
4.00 **to 6.00** AM **Men's Cycling**

TNT Sports 4

414 416 524 411 434

6.00 AM **UCI Mountain Bike World Series Review**
6.30 **Discovery Golf**
7.00 LIVE **Snooker** Coverage of the latest tournament.
10.30 **Ultimate Pool** Recent action.
12.00 NOON **European Rally Championship Highlights**
12.30 PM LIVE **Snooker** Coverage of the latest tournament.
4.00 **Rolex SailGP Championship**
5.00 **SailGP – Racing on the Edge**
5.30 **The WRC Magazine**
6.00 LIVE **World Rally Championship** Special stage one of the Rally Finland.
8.00 **Test Cricket Highlights**
9.00 **Discovery Golf**
9.30 LIVE **Snooker**
11.30 **SailGP – Racing on the Edge**
12.00 M'T **UFC** Ankalaev v Rountree Jr.
3.00 AM **Formula E Highlights**
5.00 **TNT Sports Reload**
5.30 **to 6.00** AM **UCI Mountain Bike World Series Review**

Premier Sports 1

419 APP 528

6.00 AM **NASCAR Highlights**
7.00 **FIM Sidecarcross Championship**
8.00 **KOTV Weekly** Boxing news.
8.30 **Ultimate Karting Championship**
10.30 **Mass Participation**
11.00 **World Surf League**
12.00 NOON **Swedish Speedway**
2.00 PM **Sporting Greats**
2.30 **NASCAR Highlights**
3.30 **KOTV Weekly** All the latest news from the world of Boxing.
4.00 **Football** Real Betis v Lyon.
6.00 **LaLiga** A replay of Real Madrid v Barcelona from 2023/24.
8.00 **World of FreeSports**
8.30 **DTM Motorsport Highlights** Action from the first and second races from Oschersleben.
12.00 M'T **European Le Mans Series**
1.00 AM **NASCAR Highlights**
2.00 **Swedish Speedway** A chance to see Dackarna v Vastervik.
4.00 **World Surf League**
5.00 **Scottish Rally Championship**
5.30 **to 6.00** AM **Temples of Sport**

Premier Sports 2

420 APP 529

6.00 AM **Coppa Italia** Another cnance to see Inter Milan v FC Como. **8.00** Another chance to see Lazio v Inter Milan in the final.
10.00 **Football's Greatest**
10.30 **Brasileiro Serie A**
12.30 PM **Scottish Cup Football**
2.30 **Top 14 Rugby Union**
6.30 **Football's Greatest**
7.00 **Brasileiro Serie A** A chance to see Internacional v Flamengo.
9.00 **Rugby Junior World Championships** Action from the final of the tournament.
10.55 **Football's Greatest** The finest players discuss their careers.
11.25 **Eredivisie Highlights**
12.25 AM LIVE **Football** **Leeds United v Sunderland.** Coverage of the match at Sports Illustrated Stadium in Harrison, New Jersey. Kick-off **12.30am**.
2.30 **Football's Greatest**
3.00 **Mass Participation**
4.00 **to 6.00** AM **German Cup**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **ATP Tennis** Estoril Open final.
8.00 **PGA Tour Golf**
9.00 **Formula 1** Hungarian Grand Prix.
10.00 **WTA Tennis** Hamburg Open.
11.00 **NBA Basketball**
1.15 PM **WTA Tennis** Prague Open.
2.15 **PL Greatest Games**
3.00 **Super League** Recent action.
6.00 **PGA Tour Golf** The 3M Open.
7.00 **Formula 1** Hungarian Grand Prix.
8.00 **ATP Tennis** Estoril Open final.
9.00 **WTA Tennis** Hamburg Open.
10.00 **NBA Basketball**
12.00 M'T **EFL Greatest Games**
1.00 AM **NBA Basketball**
3.15 **PL Greatest Games**
4.00 **to 6.00** AM **WTA Tennis**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
11.00 **Ginetta Juniors Highlights**
12.00 NOON **GB3 Championship**
1.00 PM **Formula 1** Highlights.
3.15 **Ted's Notebook**
3.45 **Ollie Bearman Drives Ayrton Senna's Lotus**
4.00 **Formula 1** Hungarian Grand Prix.
5.00 **Ted's Notebook**
5.30 **Ferrari Challenge Europe**
6.30 **Formula 2** Action from Hungary.
7.50 **Lewis Hamilton IV**
8.00 **Formula 1** Hungarian Grand Prix.
10.15 **Ted's Notebook**
10.45 **The Cornwall Air Ambulance**
11.00 **Indycar** Music City Grand Prix.
12.00 M'T **Ginetta Juniors Highlights**
1.00 AM **The Best of F1**
5.00 **to 6.00** AM **F1 Explained**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

31 July

Planner

Silo

SCI-FI Apple TV

We've reached the mid-point of season three, and Juliette (Rebecca Ferguson) is in increasing danger as Camille, the new head of IT at Silo 18, is on a mission to eradicate potential rebels.

Giant

DRAMA Prime Video

While this sports biopic is being hailed as 'the UK's answer to *Rocky*' – and boasts Sylvester Stallone as executive producer – the real heart of the film is the fractured, decade-long bond between flamboyant champion 'Prince' Naseem Hamed (Amir El-Masry) and his Irish trainer Brendan Ingle (Pierce Brosnan). Toby Stephens also stars as boxing promotor Frank Warren.

There's No Place Like Home, Snoopy

ANIMATION Apple TV

Snoopy is devastated when his iconic red doghouse is accidentally sold at a yard sale. As he and Charlie Brown set out on a rescue mission to retrieve it, they discover the true meaning of home along the way.

Elgar at the Proms

MUSIC BBC4, 7pm

As Proms season continues, the BBC Scottish Symphony Orchestra salutes one of Britain's best-loved composers, Sir Edward Elgar, with a performance of his triumphantly optimistic First Symphony.

Friday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 Our Lives...	8.00 Granite Harbour		9.00 Would I Lie to...	9.30 Ann Droid	10.00 News; Local News	10.40 Austin †
	102 BBC2	7.00 Iolo's Anglesey	7.30 Beechgrove...	8.00 Gardeners' World		9.00 Bergerac	9.45 QI XL		10.30 Newsnight
	103 ITV1	‹ 6.30 News †	7.30 Abbey Clancy... †	8.00 Emmerdale	8.30 Coronation...	9.00 The Twisted Tale of Amanda Knox			
	104 CHANNEL 4	7.00 News		8.00 Surgery Secrets of the Super Rich		9.00 8 Out of 10 Cats Does Countdown		10.00 Big Fat Quiz: Best Bits	
	105 5	7.00 Holiday Scams: Don't Get Caught Out		8.00 Michael Palin in Venezuela		9.00 Britain's Killer Wave of 1607		10.00 Commonwealth Games	
	106 SKY ONE	‹ 6.00 Cricket: The Hundred – Live: Manchester Super Giants Men v Trent Rockets Men (Start-time 6.30)					9.30 Grimsburg		
ENTERTAINMENT	115 BBC3		7.15 Deadly 60	7.45 Film: Night at the Museum			9.30 Ludwig		10.30 Ghosts Australia
	116 BBC4	7.00 Elgar at the Proms			8.25 TOTP: 2000		9.25 TOTP: 1977	9.55 TOTP: 1983	10.35 Louis...
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 The Princess Diaries		10.00 Family Guy	
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 The Sommerdahl Murders			
	135 E4	7.00 The Simpsons		8.00 Below Deck Down Under		9.00 Celebrity Gogglebox for SU2C		10.00 Film: American Pie 2	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Chicago Fire		10.00 FBI: Most Wanted	
	108 SKY ATLANTIC	‹ 6.45 True Detective: Night Country				9.00 Station Eleven			
	110 U&GOLD	7.00 Dad's Army	7.40 Porridge		8.20 Are You Being Served?	9.00 Fawlty Towers	9.45 The Office		10.25 Not Going Out
	111 U&DAVE	7.00 Mortimer &...	7.40 Would I Lie to You?			9.00 QI XL		10.00 Magnum P.I.	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Doc Martin				10.00 Grantchester	
	120 ITV4	‹ 6.30 British Touring Car Championship...		8.00 Beat the Chasers – Celebrity Special		9.00 Ice Road Truckers: Deadliest Roads		10.00 Wrestling: AEW Dynamite	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Bradley & Barney Walsh: Breaking Dad		10.00 Jack Whitehall Gets Around	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Resident Alien		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 Father Brown				10.00 New Tricks	
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Pet Shop Boys: Dreamworld – The Greatest Hits: Live in Copenhagen					10.20 Guy Garvey: From the...
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Pete Wicks: For Dogs' Sake					
DOCUMENTARY	125 DISCOVERY	7.00 Last Chance Garage		8.00 Gold Rush: Mine Rescue with Freddy...		9.00 Expedition Files		10.00 Mystery at Blind Frog Ranch	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 River of No Return		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation						10.00 Mega Marine Machines	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Secrets of Great British Castles		9.00 The Witches of Salem		10.00 Gangland Chronicles	
	155 U&YESTERDAY	7.00 Asia		8.00 Some Mothers Do 'Ave 'Em				10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	‹ 6.00 Film: Man on Wire		8.00 Rik Mayall: Magnificent B'stard				10.00 Fatboy Slim: Right Here, Right Now	

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **Trace, Track, Get My Car Back** Tracking a stolen MG. (S)(R)
10.45 **Expert Witness** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **The Hairdresser Mysteries** New episode *Gym:* 3/6. A performer's death rocks village concert preparations. (S1) (S)(AD) ■ Entire series on BBC iPlayer
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** New edition (S)
4.30 **The Travelling Auctioneers** (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.30 Ann Droid

7 PM

7.00 **The One Show** Vernon Kay and JB Gill present the topical show. (S)
7.30 **NEW Our Lives: The Last Miner in the Band** Following Durham's Easington Colliery Band as they prepare for an important concert. (S)

8 PM

8.00 **Granite Harbour** New episode 2/3. The team recover a murder weapon and find new leads that challenge their assumptions as tensions across the Loughty estate reach breaking point. (S3) (S)(AD) ■ Entire series on BBC iPlayer

9 PM

9.00 **Would I Lie to You?** With panellists Kadeena Cox, Ivo Graham, Harriet Kemsley and Eddie Marsan. (S)(R)
9.30 **Ann Droid** New episode 3/6. Linda drags Sue to scatter ashes. (S1) (S) ■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Austin** New episode *Furr Ever:* 7/8. Austin follows a romcom manual to woo Haley. (S2) (S)(AD) ■ Entire series on BBC iPlayer
11.05 **Austin** Series finale *Thunder Thursday:* 8/8. Ingrid quits *Big Bear*, Austin cancels fame, and Mel races to stop a resignation. (S2) (S)(AD)
11.35 **FILM Scent of a Woman** Coming-of-age drama starring Al Pacino as a cantankerous blind war veteran who takes his student minder on a wild weekend fling in New York. With Chris O'Donnell. (S)(AD) (1992, 15, 150min) ★★★★
2.05 AM **Weather for the Week Ahead**
2.10 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Money for Nothing** (S)(R)
7.15 **The Bidding Room** (S)(R)
8.00 **Sign Zone: Marcus Wareing Simply Provence** (S)(R)
9.00 **BBC News** (S)
12.50 PM **Lifeline** (S)(R)
1.00 **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Game show. (S)(R)
2.15 **Lightning** Quick-fire quiz. (S)(R)
2.45 **The Hairy Bikers' Bakeation** (S)(R)
3.45 **The Farmers' Country Showdown** From Shipbourne in Kent. (S)(R)
4.15 **Hippos: Africa's River Giants** (R)
5.15 **Flog It!** Memorable finds. (S)(R)
6.00 **Richard Osman's House of Games** Guests Karen Hauer, Storm Huntley, Joe Marler and Tom Read Wilson take part. (S)(R)
6.30 **Just One Thing** The benefits of doing press-ups. (S)(R)(AD)

9.00 Bergerac

7 PM

7.00 **Iolo's Anglesey** Iolo Williams explores the flora and fauna of Anglesey. (S)(R)
7.30 **Beechgrove Garden** New edition The team plan for winter, with Ruth Vichos demonstrating how to cultivate and multiply snowdrops. (S)

8 PM

8.00 **Gardeners' World** New edition Monty Don is planning ahead, and after weeks of soaring temperatures, he has got his work cut out refreshing the borders with late-summer perennials. (S)

9 PM

9.00 **Bergerac** *Alone, Alas, Alone:* 3/6. A threatening letter seems to corroborate Bergerac's hunch that they have the wrong people in custody. (S1) (S)(R)(AD) ■ Entire series on BBC iPlayer
9.45 **QI XL** Sandi Toksvig hosts, with Maisie Adam, Susan Calman, Josh Widdicombe and Alan Davies answering questions on the theme of testing. (S)(R)

10 PM

10.30 **Newsnight** (S)
11.00 **FILM Chuck Chuck Baby** Musical drama starring Louise Brealey. (S) (2023, 15, 100min) ★★★★
12.40 AM **Golf: Women's Open Highlights** Action from day two at Royal Lytham & St Annes Golf Club in Lancashire. (S)
1.40 **Sign Zone: Amityville – An Origin Story** 1/4. (S1) (S)(R)(AD)
2.30 **Sign Zone: Panorama** (S)(R)
3.00 **Sign Zone: Natalie Cassidy – Caring Together** (S)(R)(AD)
3.30 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
1.00 PM **ITV News** (S)
1.20 **Local News** (S)
1.30 **LIVE Racing: Glorious Goodwood** Ed Chamberlin and Francesca Cumani present coverage of day four of the meeting, including feature race the Qatar King George Stakes, and four more supporting races. (S)
4.30 **Tipping Point: Best Ever Finals** Compilation of some of the most dramatic endgames from the arcade-themed game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.30 Coronation Street

7 PM

7.30 **Abbey Clancy: Celebrity Homes** Actor Sheree Murphy shows Abbey around her Cheshire mansion, while model and entrepreneur Caprice reveals how she created a family home in London. (S)(R)

8 PM

8.00 **Emmerdale** Claudette makes an admission, and Nicola worries about her love life with Jimmy. (S)(AD)
8.30 **Coronation Street** Cassie runs out of chances with Steve and Tyrone, while Nina accuses Sienna of theft. (S)(AD)

9 PM

9.00 **The Twisted Tale of Amanda Knox** New episode 5/8. As Raffaele's trial stretches into years, his heartbreaking history unfolds. He is pressured to separate his defence from Amanda's before the final verdict. (S)(AD)

10 PM

10.05 **The Twisted Tale of Amanda Knox** New episode 6/8. After the verdict, Amanda sinks into depression and prison life. As her appeal nears, she vows not to repeat the mistakes of her first trial. (S1) (S)(AD)
11.05 **ITV News** (S)
11.40 **Local News** (S)
11.55 **Inside the Langham: Britain's First Grand Hotel** 2/6. Wedding planner Meri pulls out all the stops. (S)(R)(AD)
12.30 AM **Teleshopping**
3.00 **Force of Nature** 1/6. Animals' battle for survival as climate change intensifies. (S)(SL)(R)(AD)
3.50 **Long Lost Family** (S)(SL)(R)(AD)
4.45 **to 6.00** AM **Unwind with ITV** (S)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 1-3/22. (S1) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 13-16/24. (S3) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Louisiana. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A West Midlands couple search for a holiday home in Lanzarote. (S)(R)
4.00 **Narrow Escapes** Joel heads out onto the Bristol Channel in the middle of the night. (S)(R)(AD)
5.00 **Chateau DIY** Nicole and Nick struggle to install a kitchen before the arrival of their first baby. (S)(R)
6.00 **American Pickers** New edition The guys pick a Tennessee home hiding a big secret. (S)(AD)

8.00 Surgery Secrets of the Super Rich

7 PM

7.00 **News** (S)

8 PM

8.00 **Surgery Secrets of the Super Rich** New edition 3/6. Joyce marks her 60th birthday with a facelift, James has electromagnetic body sculpting, and Morgan undergoes a laser procedure to tighten her jawline. (S)(AD)

9 PM

9.00 **NEW SERIES 8 Out of 10 Cats Does Countdown** Jimmy Carr hosts as Jon Richardson and Harriet Kemsley take on Richard Ayoade and Rob Beckett. Guests Joe Wilkinson and Nick Mohammed join Susie Dent and Rachel Riley. (S)

10 PM

10.00 **Big Fat Quiz: Best Bits** New edition Compilation of some of the funniest moments in past Big Fat Quizzes, featuring Michael McIntyre, Fatiha El-Ghorri, Harry Hill, Gordon Ramsay and more. (S)
11.05 **Sarah Millican: Thoroughly Modern Millican** Stand-up. (S)(R)
12.10 AM **NEW SERIES Ramy** 1/10. Comedy starring Ramy Youssef. (S)
12.45 New episode 2/10. While in Israel, Ramy finds his dedication to Islam tested. (S3) (S)(AD)
1.20 **FILM Fresh** Horror comedy. (S) (2022, 18, 110min) ★★★★
3.10 **Ramsay's Kitchen Nightmares USA** From Norwalk, Ohio. (S)(R)
3.55 **to 6.05** AM **Four in a Bed** (S)(R)

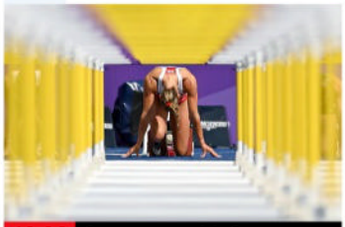
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.20 **FILM Conceived in Lies** Thriller starring Holly Deveaux. (S) (2024, 15, 100min) ★★
4.00 **Castle** *Bad Santa:* 10/23. An ER physician is gunned down in the street. (S7) (S)(R)
4.55 **Love Nature** Volunteer Caitlin explains the history of sea glass on Seaham beach. (S)(R)
5.00 **News** (S)
6.00 **Malta: The Jewel of the Med** Cameras focus on Malta's most skilful boat pilots as they navigate the challenging Grand Harbour. (S)(R)
6.55 **News** (S)



10.00 Commonwealth Games

7.00 **Holiday Scams: Don't Get Caught Out** Presenter Alexis Conran and his team take on the scammers who target people on holiday. (S)(R)
7.55 **News** (S)

8.00 **Michael Palin in Venezuela** 3/3. Michael starts the final leg of his adventure across Venezuela, as he enters Zulia state, which is on the UK Foreign Office no visit 'red zone' list. (S)(R)(AD)

9.00 **Britain's Killer Wave of 1607** Experts examine the Bristol Channel floods of 1607, looking at whether the freak weather phenomenon that caused it was a storm surge or a tsunami. (S)(R)

10.00 **Commonwealth Games** A look back at highlights of day eight in Glasgow, which saw gold medals awarded in judo, athletics and para athletics, plus track cycling and para track cycling. (S)

11.05 **Piers Morgan: Uncensored** Opinion-led debate show. (S)
1.00 AM **Teleshopping** (S)(R)
2.00 **Shoplifters: Catch Me If You Can** Detective Steve takes a call from one of London's most exclusive stores. (S)(R)
2.50 **Malta: Jewel of the Med** (S)(R)
3.45 **Friends** (S8) (S)(R)(AD)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings with Jones and Melbourne**
8.00 **Stargate SG-1** (S5) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S10) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Big Cat Country** (S)(R)
1.00 PM **Hawaii Five-0** (S6) (S)(R)
3.00 **S.W.A.T.** 14/22. A museum vault is looted. (S)(R)(AD)
4.00 15/22. A sting operation at a bus station is thrown into chaos. (S8) (S)(R)(AD)
5.00 **The Simpsons** *Mom and Pop Art:* A gallery owner mistakes Homer's misshapen barbecue for a work of art. (S)(R)
5.30 *Marge Simpson in 'Screaming Yellow Honkers':* Marge's driving habits come under scrutiny. (S)(R)

9.30 Grimsburg

6.00 **LIVE Cricket: The Hundred** Manchester Super Giants v Trent Rockets: Coverage of the men's match at Emirates Old Trafford Cricket Ground, Manchester. The visitors won the meeting between the two sides last season thanks to a seven-wicket victory in Nottingham. The Super Giants only made 98-8 in their 100 balls before the Rockets chased down their target with 26 balls to spare. Start-time is at 6.30.

9.30 **NEW SERIES Grimsburg** *Pilot:* 1/13. Animated comedy featuring the voice of Jon Hamm. Detective Marvin Flute returns to his home town to try to redeem himself with the ex-wife he never stopped loving.

10.00 **Grimsburg** New episodes *The Flute Show:* 2/13. A film crew arrive in Grimsburg. (S)(R) **10.30** *McSnuff the Mystery Mutt:* 3/13. Flute decides to live a double-life as a dog-themed superhero. (S1) (S)

11.00 **Ricky Gervais: Animals** Footage from the comedian's first stand-up tour. (S)(R)
12.30 AM **Evil** 10/10. The team learn the demonic infestation they are investigating is next door to Kristen's house. (S3) (S)(R)
1.35 **Grimm** 3/13. Nick devises a plan to take Renard out of his element. (S6) (S)(R)
2.30 **Road Wars** (S)(R)
3.00 **Hawaii Five-0** (S6) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
10.40pm Sportscene: Premiership Highlights (S) **11.10** Austin New episode (S)(AD) **11.35** Austin Series finale (S)(AD) **12.05am** FILM Scent of a Woman (S)(AD) (1992, 15, 150min) ★★★★ **2.35** Weather for the Week Ahead (S) **2.40-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
7.30-8.00pm Best of Weatherman Walking New edition (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

As main ITV1 except:

WALES
7.00-7.30pm Coast & Country New edition (S)

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Pysgod i Bawb **12.30** Heno **1.00** Y Ci Perffaith **1.30** Dan Do **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Ty Ffit **4.00** Awr Fawr **5.00** Stwnsh **6.00** Gerddi Cymru **6.30** Eisteddfod Genedlaethol New edition **7.30** Newyddion a'r Tywydd **8.00** Gemau'r Gymanwlad New edition **10.30-11.35pm** Gwesty Aduniad

TV&Streaming week
New issue on sale now

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Quiet Life** Comedy short starring Luke Rollason.
7.15 **Deadly 60** Steve Backshall examines marine life in the waters of British Columbia.
7.45 **FILM Night at the Museum** Fantasy adventure comedy starring Ben Stiller and Robin Williams. A night watchman at New York's Museum of Natural History discovers that after sunset, the exhibits come to life. (2006, PG, 108min) ★★★★
9.30 **Ludwig** 6/6. John tries to prove Lucy's innocence as she becomes embroiled in a murder plot. (S1)
10.30 **Ghosts Australia** 1/8. Supernatural sitcom starring Tamala Shelton. **10.55** 2/8. Kate has a hospital visit, which only makes her more convinced of what she is seeing. **11.15** 3/8. Kate's renovation plans are derailed by a treasure hunt. (S1)
11.40 **Fleabag** 1-6/6. (S2)
2.25 **to 3.50** AM **Ideal**

MORE4

136/137 127 147 18 124 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from Devon.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **George Clarke's Old House, New Home** George unlocks the potential of old houses, trying to redesign a 1930s Liverpool semi suffering from a small kitchen and some dodgy interior design choices.
6.55 **Location, Location, Location** Phil Spencer helps a couple in Greater Manchester who are ready to buy after 13 years of renting.
7.55 **Grand Designs** Kevin McCloud follows the progress of a commercial architect and his art-director wife as they try to build the ultimate family home near York, inspired by a giant farm shed.
9.00 **The Sommerdahl Murders** Series finale 7&8/. Dan is deeply affected by a murder and delves into the crime on top of the Josefine Sundby investigation, but is frustrated when he comes under suspicion. Subtitled. (S5)
11.00 **24 Hours in A&E**
1.05 AM **999: On the Front Line**
2.05 **24 Hours in A&E**
3.10 **to 3.40** AM **A Place in the Sun**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM NEW **Elgar at the Proms** Performances of Elgar's *First Symphony* and the *Cello Concerto.*
8.25 **TOTP: 2000** Performances from Shania Twain, Jay-Z, Rebecca Wheatley, Eels, CRW, Aqua and All Saints. **8.55** Featuring Tom Jones & Stereophonics, Daphne & Celeste, A1 and Jamelia.
9.25 **TOTP: 1977** Music from Showaddywaddy, Dana, Thin Lizzy, Bob Marley and the Wailers and Donna Summer.
9.55 **TOTP: 1983** Performances by KC and the Sunshine Band, Elvis Costello and the Attractions, and Robert Plant.
10.35 **Louis Armstrong in Concert** A concert by the trumpeter and his All Stars from their 1968 British tour.
11.30 **Louis Armstrong: Show of the Week** A performance by the jazz legend from 1968.
12.35 AM **Jazz Legends in Their Own Words**
1.35 **TOTP: 2000** Double bill.
2.35 **TOTP: 1977** As 9.25pm.
3.05 **to 3.40** AM **TOTP: 1983**

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From the West Country.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **America's Funniest Home Videos** Wedding disasters.
11.00 **Below Deck Down Under**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons** Four episodes of the animation.
7.00 **The Simpsons** *Gal of Constant Sorrow:* Bart offers a homeless woman the chance to live in his wardrobe. **7.30** *Lisa the Veterinarian:* Lisa wants to be a vet.
8.00 **Below Deck Down Under** New edition Johnny and a guest flip a jet ski.
9.00 **Celebrity Gogglebox for SU2C** Famous faces appraise *With Love, Meghan: Holiday Celebration* and *James May's Shed Load of Ideas.*
10.00 **FILM American Pie 2** Comedy sequel with Jason Biggs and Shannon Elizabeth. (2001, 15, 106min) ★★★
12.00 M'T **Naked Attraction**
1.05 AM **Celebrity Gogglebox**
2.05 **Below Deck Down Under**
2.55 **Abbott Elementary**
3.20 **The Goldbergs**
4.10 **Brooklyn Nine-Nine**
5.00 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 306 30 123 256

Friday primetime

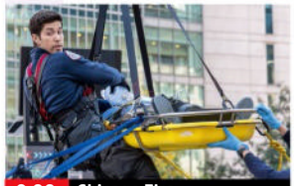
FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Brit Cops: Rapid Response**
10.00 **Stop, Search, Seize**
11.00 **Bull** 15/22. (S6)
12.00 NOON **FBI** 21&22/22. (S1)
2.00 PM **The Rookie** 3/22. The tables are turned as Nolan is assigned his first rookie. (S5)
3.00 **Law & Order: Criminal Intent** 2/16. Part two of two. Goren's reckless actions result in him being suspended. (S9)
4.00 **Nothing to Declare**



9.00 Chicago Fire

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Billions** 1&2/12. (S4)
10.10 **Task** 2&3/7. (S1)
12.30 PM **Homicide: Life on the Street** 8&9/22. (S4)
2.20 **Billions** 1&2/12. (S4)
4.30 **Task** 4/7. Tom questions the loyalty of the task force. **5.40** 5/7. Robbie puts his plan in motion. (S1)
6.45 **True Detective: Night Country** 2/6. Captain Connelly threatens to hand the case over to Anchorage. (S4)

9.00 Station Eleven

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.30 **Dress to Impress**
8.25 **Sam and Billie: Sister Act**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Salt...**
11.20 **Real Housewives of Orange...**
12.10 PM **Dinner Date**
1.10 **Supermarket Sweep**
2.10 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** New edition
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

10.00 Family Guy

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *Happy Families:* The owners of Karras Games gather for a murder mystery weekend.
3.35 **Classic Emmerdale**
4.10 **Classic Coronation Street**
5.50 **Heartbeat** *The Leopard's Spots:* Dennis Merton arrives in Ashfordly and soon gets embroiled in a CID stakeout.

8.00 Doc Martin

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
7.00 **Dempsey and Makepeace**
9.10 **Boon**
10.15 **The Professionals**
11.25 **Robin of Sherwood**
12.30 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.45 **Boon**
4.50 **The Professionals** *Old Dog with New Tricks:* CI5 uncovers a plan to demand the release of a dangerous prisoner.
6.00 **River Monsters** A fish in Colombia is suspected of killing a honeymooning bride.

8.00 Beat the Chasers

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

7.55 True Detective: Night Country 3/6. Navarro and Danvers seek out a local hairdresser for insight on Annie, which leads to a tip-off about another former Tsalal worker. (S4)

7.00 The Floor USA New edition The reigning whale is challenged, and eight duels push friendships and rivalries.

6.55 Heartbeat *From Ancient Grudge:* An old farming feud between the Wainwrights and Allsops looks set to end in disaster.

6.30 British Touring Car Championship Highlights The 13th, 14th and 15th races of the season at Thruxton Circuit.

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

8.00 Doc Martin *Faith:* 4/8. Morwenna is happy when her parents pay a surprise visit, only to discover her mother has cancer.

8.00 Beat the Chasers: Celebrity Special With Jonathan Ross, Edwina Currie, Edith Bowman and Stephen Brown.

9 PM

9.00 Chicago Fire *Broken Things:* 6/21. A traffic jam forces Violet and Novak to take drastic measures to save a patient. (S14)

9.00 Station Eleven New episode *Hurricane:* 3/10. Miranda reflects on her relationships with Arthur and Dr Eleven.

9.00 The Princess Diaries Series finale Princess hosts an event for her make-up brand and makes a big decision.

9.00 Doc Martin *From the Mouths of Babies:* 5/8. Mrs Tishell seems to be having a delayed onset of mourning. (S8)

9.00 Ice Road Truckers: Deadliest Roads A storm strands Dave Redmon, Lisa Kelly and Rick Yemm in Keylong.

10 PM

10.00 FBI: Most Wanted *Caesar:* 4/14. Barnes goes on an undercover mission involving a power-hungry gang leader. (S1)
11.00 **The Rookie** 21/22. (S4)
12.00 M'T **FBI** 13&14/22. (S1)
2.00 AM **FBI: International** (S3)
3.00 **Road Wars** Rowdy tourists cause problems in Reading.
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Border Security: Canada's Front Line**

10.00 Station Eleven New episode *Rosencrantz and Guildenstern Aren't Dead:* 4/10. A grim truth is revealed. (S1)
11.00 **Prisoner** 6/6. Amber's plan is put in jeopardy. (S1)
12.00 M'T **The Last of Us** 8/9. Ellie encounters a vengeful group of survivors. (S1)
1.00 AM **Task** 4&5/7. (S1)
3.15 **Billions** 8/12. (S3)
4.15 **to 6.00** AM **The Guest Wing**

10.00 Family Guy 1/16. Brian's new girlfriend leaves him. **10.30** 2/16. Peter becomes obsessed with a hit song from 1963. (S7)
11.00 **Family Guy** 1/12. (S6)
11.30 **American Dad!** 10/22. Stan's imaginary friend returns. **12.05** AM 6/22. Steve gets into new-age mysticism. (S16)
12.35 **Bob's Burgers** (S13&14)
1.30 **Deal or No Deal**
2.25 **to 3.00** AM **Unwind with ITV**

10.00 Grantchester 1/6. A man is stabbed and killed by an unseen assailant while attending a speech given by his father. (S4)
11.00 **Grantchester** 2/6. With Violet gone, Sidney loses himself in drink. (S4)
11.50 **Trial & Retribution** 2/10. The search for Emily's murderer continues. (S10)
1.25 AM **Wycliffe** 4/9. (S4)
2.25 **to 2.30** AM **Unwind with ITV**

10.00 Wrestling: AEW Dynamite Hard-hitting action from the world of All Elite Wrestling.
12.00 M'T **Dark Side of the Ring** 1/2. Examining case of WWE wrestler Chris Benoit.
1.00 AM **Minder**
1.55 **Two and a Half Men** (S4)
2.45 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 207 310 | +1 hour 208/209 | +1 hour 218 315 29 114 254 | +1 hour 219 317 116 | +1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Greatest Escape** Getaways steeped in history.
8.00 **Paramedics on Scene** The Special Operations Response Team are deployed to a siege in a flat in Glasgow.
9.00 **Rikki** Celebrating the life, career and legacy of Glaswegian Rikki Fulton, one of Scotland's most beloved comic actors and the undisputed King of Hogmanay.
10.00 **Still Game** 3/9. Jack and Victor try a new wonder drug. (S2)
10.30 **Two Doors Down** 6/6. Cathy and Colin return from their Italian holiday and host a soiree. (S5)
11.00 PM **to 12.00** M'T **Rip It Up** 2/3. How Scotland experienced a pop resurgence in the 1980s.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S3)
9.00 **Sort Of** 1&2/8. (S2)
10.00 **The Chair Company**
11.15 **Will & Grace** (S7)
12.15 PM **Avenue 5** (S1)
1.30 **The Chair Company**
2.45 **Will & Grace** (S6)
3.45 **Hacks** 2&3/10. (S5)
5.00 **Community** (S1)
6.00 **Will & Grace** (S7)
7.00 **The Office (US)** 11/19. Michael treks into the woods on a survival adventure. **7.30** 12/19. Jan decides to sue Dunder Mifflin and Michael is called as a key witness. (S4)
8.00 **Hitmen: Reloaded** (S2)
9.00 **John Bishop 25 Tour: Live from Dublin** The comedian marks 25 years since he first stepped onto the stage.
10.45 **Hacks** 2&3/10. (S5)
12.05 AM **Hitmen: Reloaded**
1.05 **Community** (S1)
2.05 **The Chair Company**
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Classic FM Live: Summer Concert**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Agatha Christie's Sparkling Cyanide**
1.55 PM **The Hitchcock Hour**
3.00 **The Seventies**
4.00 **Discovering**
5.00 **Portrait Artist 2021**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Pet Shop Boys: Dreamworld – The Greatest Hits: Live in Copenhagen**
10.20 **From the Vaults**
11.20 **Gary Numan Resurrection**
1.00 AM **Greatest Albums Live** Featuring ABC.
2.00 **Boy George & Culture Club** Documentary.
4.00 **The Art of the Garden**
5.00 **to 6.00** AM **Julie Andrews Forever**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: Canada's Front Line**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 21/26. (S5)
5.00 **Stargate SG-1** (S8)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** 22/26. (S4)
8.00 **Police 24/7** A man threatens to jump off the side of a building.
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Star Trek: Enterprise**
12.00 M'T **Fantasy Island**
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Five friends from Warwickshire University compete.
3.00 **Supermarket Sweep**
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Sami takes on the infamous Banker for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Celebrity Lingo** Rachel Riley, Richie Anderson, Lesley Joseph and Claire Sweeney take part. **9.30** Lucy Fallon, Julia Goulding, Colson Smith and Jack P Shepherd compete for charity.
10.00 **Tipping Point** Triple bill.
12.55 AM **Tenable** Quiz show.
1.50 **Riddiculous** As 4.00pm.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Find It, Fix It, Flog It**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Dover 24/7: Britain's Busiest Port** High winds blow a ship off-course.
8.00 **Renovation Rescue** Vogue Williams and Luke Mabbott offer practical DIY and design advice to homeowners.
9.00 **24 Hours in A&E** A 23-year-old woman has had a riding accident. **10.00** A woman attends with serious head and chest injuries.
11.00 **Celebrity Gogglebox**
12.05 AM **Gogglebox**
1.05 **8 Out of 10 Cats Does Countdown**
2.05 **Big Fat Quiz: Best Bits**
3.05 **The Dog House**
4.05 **to 5.00** AM **Surgery Secrets of the Super Rich**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S4)
2.00 **Warehouse 13** 3&4/13. (S3)
4.00 **Stargate SG-1** 20/22. (S7)
5.00 **Star Trek: Voyager** 14/26. Bizarre memories of a violent battle plague the crew. (S6)
6.00 **Star Trek: Enterprise** 11/24. Archer takes action against a Xindi plot to send three reptilians back in time to 21st-century Detroit. (S3)

10.00 Grimm

7.00 **Stargate Atlantis** *Reunion:* 3/20. Sheppard is suspicious when the team stumble upon Ronon's old companions. (S4)
8.00 **Stargate SG-1** *Inauguration:* 20/22. Robert Kinsey tries to assume control of the Stargate programme. (S7)
9.00 **Resident Alien** *Heroes of Patience:* 10/10. Harry stands on the verge of completing his mission. Stars Alan Tudyk. (S1)
10.00 **Grimm** *Good to the Bone:* 18/22. A man is found dead with all of his bones removed. (S5)
10.50 **The Walking Dead** *Hearts Still Beating:* 8/16. Negan and his followers return to Alexandria. (S7)
12.00 M'T FILM **Olympus Has Fallen** Action thriller starring Gerard Butler. (2011, 15, 119min) ★★★
2.20 AM **Resident Alien** 9/10. (S1)
3.10 **The Walking Dead** (S7)
4.20 **to 6.00** AM **Warehouse 13**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
9.00 **Shakespeare & Hathaway: Private Investigators** (S2)
10.00 **The Mentalist** 11/22. (S5)
11.00 **Hudson & Rex** 8/16. (S6)
12.00 NOON **Body of Proof** (S1)
1.00 PM **Death in Paradise** (S11)
2.00 **Murdoch Mysteries** (S7)
4.00 **The Mentalist** 11/22. (S5)
5.00 **Hudson & Rex** 8/16. Charlie and Rex go undercover in prison. (S6)
6.00 **Shakespeare & Hathaway: Private Investigators** (S2)

5.00 Hudson & Rex

7.00 **Private Eyes** *Now You See Her:* 5/18. Shade and Angie search for a violinist who went missing one year ago. (S2)
8.00 **Death in Paradise** *Death of a Pawn:* 8/9. The team investigate when a prestigious chess match ends in murder. (S11)
9.00 **Death in Paradise** *A Murder in the Skies:* 8/8. A passenger seemingly disappears from a flight to Dominica. (S13)
10.00 **Father Brown** *The Horns of Cernunnos:* The priest investigates when an old friend's daughter is plagued by strange visions.
11.00 **Private Eyes** As 7.00pm.
12.00 M'T **Shakespeare & Hathaway: Private Investigators** As 6.00pm.
1.00 AM **Death in Paradise** (S11)
2.00 **Murdoch Mysteries** (S7)
3.00 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
9.00 **The Green Green Grass**
9.40 **Are You Being Served?**
10.20 **Last of the Summer Wine**
11.40 **Dad** Sitcom.
12.20 PM **Only Fools and Horses**
1.00 **Keeping Up Appearances**
1.35 **Dad's Army**
2.20 **The Green Green Grass**
3.00 **Are You Being Served?**
3.40 **Dad** Sitcom.
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

9.00 Fawlty Towers

7.00 **Dad's Army** The platoon defend headquarters against members of the Highland Regiment.
7.40 **Porridge** Mackay takes a well-earned holiday.
8.20 **Are You Being Served?** Young Mr Grace introduces American sales techniques to the store.
9.00 **Fawlty Towers** Basil goes to great lengths to prove a guest has smuggled a woman into his room.
9.45 **The Office** David and Finchy resolve to beat Tim and Ricky at a quiz.
10.25 **Not Going Out** Lee pretends to be Tim in front of Kate's friend Ruth.
11.05 **Colin's Sandwich** A screenplay script takes its toll on Colin.
11.45 **Fawlty Towers** As 9.00pm.
12.30 AM **The Office** As 9.45pm.
1.10 **Not Going Out** As 10.25pm.
1.50 **Colin's Sandwich** As 11.05pm.
2.25 **Don't Wait Up**
3.10 **to 4.00** AM **The Cleaner**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Spain**
11.20 **Yukon Gold**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Martin Clunes: Islands of America** The San Juan Islands.
4.00 **Rick Stein's Spain** Double bill.
6.00 **The Hairy Bikers: Mums Know Best** Si and Dave meet three women in Wales who prepare their most impressive dishes.

10.00 Magnum P.I.

7.00 **Mortimer & Whitehouse: Gone Fishing** Fishing for pike on the River Test.
7.40 **Would I Lie to You?** With Richard Madeley, Sanjeev Bhaskar, Kate Humble and Miles Jupp. **8.20** With Dale Winton, Richard Bacon, Miranda Hart and Clare Balding.
9.00 **QI XL** Guests Aisling Bea, Josh Widdicombe and Tony Hawks join regular panellist Alan Davies and host Stephen Fry.
10.00 **Magnum P.I.** *Sudden Death:* 5/20. TC asks Thomas to help clear the father of one of his young football players. (S1)
11.00 NEW SERIES **Manhunt: Unabomber** 1/8. Drama starring Sam Worthington. **12.00** M'T New episode 2/8. The Unabomber threatens to blow up a jetliner. (S1)
12.55 AM **Would I Lie to You?**
2.20 **to 4.00** AM **QI**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.30 **Classic Holby City**
10.50 **Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.00 **Neighbours**
3.00 **Pie in the Sky**
4.05 **Lovejoy**
5.20 **As Time Goes By**
6.00 **Last of the Summer Wine** The final episode of the long-running comedy series. **6.40** Pilot episode. Two men steal Compo's television set.

9.00 Father Brown

7.20 **Last of the Summer Wine** The boys discuss life, love and women – particularly the unpleasant ones working in the cafe.
8.00 **Father Brown** *The Island of Dreams:* A visit to Chummy's holiday camp leads to another murder mystery for the priest.
9.00 **Father Brown** *The Wayward Girls:* Bunty reunites with Father Brown to uncover a dark secret at the local girls' borstal.
10.00 **New Tricks** *Fresh Starts:* A man believes his apparently dead wife is still alive. Guest stars Hugh Dennis and Samuel West.
11.20 **Silent Witness** *Awakenings:* Nikki travels to Mexico to attend the funeral of a former intern at the Lyell Centre who was murdered in a carjacking.
1.55 AM **Lovejoy**
2.40 **As Time Goes By**
3.10 **to 4.00** AM **Darby and Joan**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 2-4/20. (S22)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Killer Instinct:* 17/20. The NCIS team capture the hitman known as 'The Poet.' **7.00** *After the Storm:* 18/20. A trio of combat vets are found murdered in a DC motel room. **8.00** *Irreconcilable Differences:* 19/20. McGee investigates the deputy director for corruption. (S22)
9.00 **Beauty and the Beast** *Playing with Fire:* 19/22. Gabe reveals the truth about Muirfield. **10.00** *Anniversary:* 20/22. Cat attends a service to commemorate the anniversary of her mother's death. (S1)
11.00 **Law & Order: Special Victims Unit** (S18&17)
2.55 **to 3.50** AM **Wild Cards**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999: Critical Condition** A man is rushed in after being attacked with a machete.
10.00 **A&E After Dark** A man arrives with a dangerously high heart rate.
11.00 **Trauma Room One**
12.00 M'T **Skin A&E**
1.00 AM **Nightmare Tenants, Slum Landlords**
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Scam City**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Commonwealth Games** The seventh day.
10.00 **Gunsmoke** (S12)
11.05 FILM **The Westerner** (1940, b/w, U) ★★★★
1.10 PM FILM **The Man Who Shot Liberty Valance** Western. (1962, b/w, U, 122min) ★★★★★
3.45 **Trucking Hell**
4.00 **The Motorway**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Cops** New editions A shotgun is used. **10.30** A fleeing suspect ditches his minibike.
11.00 **The X-Files** 9/20. (S5)
12.00 M'T **World's Most Dangerous Prisoners**
1.00 AM **Outback Truckers**
2.00 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Property Brothers at Home** Double bill.
6.00 **DIY SOS: The Big Build**
8.00 **Pete Wicks: For Dogs' Sake** Pete helps rescue six Chihuahuas from the home of a hoarder **9.00** Pete meets Chow Chow Nugget who has a longer stay than planned. **10.00** Pete meets a dog on the brink of starvation.
11.00 **Gavin & Stacey** The newlyweds argue while on a night out. **11.40** Bryn tries to organise a surprise party for Gwen's birthday. **12.20** AM The newlyweds begin leading separate lives. **1.00** Nessa goes into labour a month early.
1.40 **to 3.00** AM **Miranda**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Bangers & Cash**
10.00 **Secret Nazi Bases**
11.00 **Auschwitz: The Nazis and the Final Solution**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Secret Nazi Bases**
5.00 **Auschwitz: The Nazis and the Final Solution**
6.00 **Antiques Roadshow** The team return to the North Yorkshire seaside town of Scarborough.
7.00 **Asia** A look at animals that live in Asia's deserts and dry grasslands.
8.00 **Some Mothers Do 'Ave 'Em** Triple bill.
10.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Great British Railway Journeys**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Barcelona.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Derbyshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** From Horsforth.
8.00 **Antiques Road Trip**
9.00 **My Lottery Dream Home** New editions Helping a couple and their daughter in Santa Fe, New Mexico. **9.30** A search for a snowy fairy-tale cabin in the Pocono Mountains.
10.00 **Home Town** New edition
11.00 **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

FRIDAY Entertainment

Friday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S5)
9.00 **Doctor Finlay** 3/8. (S4)
10.00 **Hamish Macbeth** (S3)
11.00 **Little House on the Prairie** 5&6/22. (S2)
1.00 PM **The Waltons** (S5)
4.00 **Little House on the Prairie** 5&6/22. (S2)
6.00 **Hamish Macbeth** (S3)
7.00 **M*A*S*H** 2/22. The troupe bid farewell. **7.30** 3/22. A GI is plagued by guilt. **8.00** 4/22. The 4077th medics are headhunted. **8.30** 5/22. Hawkeye asks for an end to war. (S10)
9.00 FILM **The Frozen Ground** Crime thriller. (2013, 15, 105min) ★★★
11.15 FILM **Agatha Christie's Ordeal by Innocence** Murder mystery. (1985, 15, 87min) ★★
1.15 AM **Rising Damp** (S1)
1.55 **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM **The High Chaparral**
10.00 **Wanted: Dead or Alive**
11.00 FILM **Bad Man's River** Comic Spaghetti Western. (1972, 12, 90min) ★
1.00 PM **The Unit** 10/13. (S1)
2.00 **Burn Notice** (S2)
4.00 FILM **Shadow Wolves** Drama. (2019, 15) ★★
6.00 **The Unit** 10/13. (S1)
7.00 **Burn Notice** (S2)
9.00 FILM **Windtalkers** Wartime drama starring Nicolas Cage, Adam Beach and Roger Willie. (2002, 15, 134min) ★★★
11.50 FILM **Outlaws and Angels** Western starring Chad Michael Murray and Francesca Eastwood. (2016, 18, 120min) ★★
2.20 AM **Dragon Ball Super**
3.20 **Coast Guard Alaska**
4.10 FILM **Firequake** Sci-fi disaster movie starring Alexandra Paul. (2014, 12, 90min) ★
5.35 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM FILM **Garage Sale Mysteries: The Beach Murders** (2017, PG) ★★
10.05 FILM **Morning Show Mysteries: Countdown to Murder** Drama. (2019, PG, 83min) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S4)
2.00 **Castle** 13/23. (S4)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 14/23. (S4)
8.00 **Unforgettable** (S4)
9.00 **In Plain Sight** 4/13. (S4)
10.00 FILM **Morning Show Mystery: Mortal Mishaps** Drama. (2018, PG) ★★
11.55 FILM **Morning Show Mysteries: Death by Design** Crime drama. (2019, PG, 84min) ★★
1.50 AM FILM **Secrets of a Gold Digger Killer** Thriller. (2020, PG) ★★
3.25 **to 5.00** AM FILM **Flirting with Danger** Thriller. (2006, PG) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.00 AM FILM **Pearl in Paradise** Comedy. (2018, PG, 90min) ★★
10.05 FILM **Our Take on Love** Drama. (2022, PG) ★★
12.05 PM FILM **Flip That Romance** Drama. (2019, PG, 90min) ★★
2.00 FILM **Taking the Reins** Comedy. (2021, PG) ★★
3.50 FILM **A Wedding for Belle** Romantic drama. (2025, PG, 90min) ★★
5.50 FILM **Be My Valentine** Romantic comedy. (2013, PG, 90min) ★★
7.45 FILM **A Royal Runaway Romance** Comedy. (2022, PG, 84min) ★★
9.35 FILM **Love's Greek to Me** Romantic drama. (2023, PG, 90min) ★★
11.40 FILM **Raise a Glass to Love** Romantic drama. (2021, PG, 84min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Taking the Reins** (2021)

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** From Eastleigh.
1.00 PM **Celebrity Coach Trip** From Portugal.
2.00 **Case Sensitive** 2/2. (S2)
3.00 **Garden Rescue**
4.00 **Rick Stein's Food Stories** Food traditions of north-west England.
4.45 **Edwardian Farm**
6.00 **Celebrity Coach Trip**
7.00 **Love Your Garden**
8.00 **Garden Rescue**
9.00 **Case Sensitive** *The Other Half Lives – Part Two:* 2/2. Ruth admits she was with Jason. (S2)
10.00 FILM **Coffy** Thriller. (1973, 18, 91min) ★★
12.00 M'T FILM **Got It Made** Drama with Lalla Ward. (1974, 18, 86min) ★★
1.45 AM **Real Thick Glasses**
2.00 **Case Sensitive** 2/2. (S2)
3.00 **Edwardian Farm**
4.15 **to 5.00** AM **Rick Stein's Food Stories**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor in Charge**
10.30 **Bottle Boys** (S2)
11.00 **The Fenn Street Gang**
11.30 **Hallelujah** 5/8. (S2)
12.00 NOON **Man in a Suitcase**
1.00 PM **Agony** 5/7. (S3)
1.30 **Press Gang** 7/12. (S1)
2.00 **Second Thoughts** (S3)
2.30 **The Fenn Street Gang**
3.00 **Hallelujah** 5/8. (S2)
3.30 **Randall and Hopkirk (Deceased)** 1/26. (S1)
4.30 **Old Country**
5.00 **Stereo Underground**
6.00 **Press Gang** 7/12. (S1)
6.30 **Danger Man** 11/39. (S1)
7.00 **Bottle Boys** 4/6. (S2)
7.30 **Doctor in Charge** (S1)
8.00 **Man in a Suitcase** (S1)
9.00 **The New Statesman**
10.00 FILM **Come Play with Me** (1977, 18) ★★
12.00 M'T FILM **Secrets of Sex** (1970, 18) ★★
1.50 AM **Stereo Underground**
2.50 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **Mysteries of the Missing** Documentary.
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Opal Hunters: Red Dirt Road Trip** Double bill.
7.00 **Aussie Gold Hunters** Rick takes to the air in a race to peg a new lease. **8.00** The Dirt Dogs must face the fallout.
9.00 **Helicopter ER** An athlete has a heart attack in the middle of a 10K run.
10.00 **Animal Cops Philadelphia**
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Slice of Italy**
7.00 **The Hairy Bikers Go North** Northumberland.
8.00 **James Martin's Spanish Adventure**
9.00 **Money Saving Meals**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **The Hairy Bikers Go North** Northumberland.
4.00 **Nigella Bites**
5.00 **James Martin's Spanish Adventure**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **The Hairy Bikers' Mediterranean Adventure** Balearics.
10.00 **Secrets of the Curry Kitchen**
10.30 **Maneet's Eats**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 28/28. (S1)
9.00 **Six Million Dollar Man**
10.00 **Babylon 5** 16/22. (S2)
11.00 FILM **Beware! The Blob** Sci-fi adventure sequel. (1972, 15, 87min) ★★
1.00 PM FILM **Island of Terror** Sci-fi horror starring Peter Cushing. (1966, PG, 90min) ★★★
3.00 FILM **Dr Terror's House of Horrors** Horror. (1964, PG, 98min) ★★★
5.00 **Star Trek** 7/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 17/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **Triple 9** Thriller starring Chiwetel Ejiofor. (2016, 15, 113min) ★★★
11.25 FILM **War** Action thriller starring Jason Statham. (2007, 18, 98min) ★★
1.25 AM FILM **Villain** Drama. (2019, 18, 97min) ★★★
3.15 **to 5.00** AM FILM **The Asian Connection** Drama. (2016, 15) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM FILM **American Warships** Sci-fi thriller. (2012, 15, 85min) ★★
11.00 **Andromeda** 9/22. (S4)
12.00 NOON FILM **Age of Ice** Disaster movie. (2014, 15, 85min) ★
2.00 PM FILM **Earthstorm** Sci-fi action thriller. (2006, PG, 90min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Wild Horses** Contemporary western starring Kenny Rogers. (1985, PG, 95min) ★★
7.00 **Andromeda** 10/22. (S4)
8.00 **The A-Team** 4/25. (S3)
9.00 FILM **No Escape** Thriller starring Owen Wilson and Pierce Brosnan. (2014, 15, 101min) ★★★
11.05 FILM **Speed Kills** Action adventure starring John Travolta. (2018, 15, 102min) ★★
1.10 AM FILM **No Escape**
3.15 FILM **Wild Horses**
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Oswestry.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Container Wars**
9.20 **Storage Wars: Texas**
1.05 PM **Pawn Stars**
2.05 **Money for Nothing**
3.05 **Container Wars**
4.05 **Ancient Aliens**
5.00 **Evidence of the Unexplained**
6.00 **Storage Wars**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal**
9.00 **History's Most Shocking** Documentary.
10.00 **Weird Britain**
11.00 **Britain's X Files**
12.00 M'T **Paranormal Survivor** Documentary.
1.00 AM **Evidence of the Unexplained**
2.00 **Cops Uncensored**
3.00 **Container Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Traditions**
11.00 **Ben Fogle: New Lives in the Wild** Botswana.
12.00 NOON **All Creatures Great and Small** (S4)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Brunel: The Man Who Built Britain**
6.00 **The Betrayal of Anne Boleyn: Inside The Tower of London Special** Documentary.
7.00 **Ben Fogle: New Lives in the Wild** In northern Thailand, the presenter reconnects with a woman who started a farm. **8.00** Ben visits a former war journalist in Uganda.
9.00 **Taggart** *A Few Bad Men.*
11.50 **Dalgliesh**
12.50 AM **The Beckham Feud: Truth & Lies**
2.15 **Murder, She Wrote**
3.10 **to 4.00** AM **The Prisoner Queens: Elizabeth & Anne**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Celebrity Chase**
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz special.
5.00 **The Bidding Room**
6.00 **Tenable** Game show.
7.00 **The Chase Celebrity Special** Guests David Grant, Jonnie Peacock, Pixie McKenna and Andy Hamilton take part in the quiz show special.
8.00 **The Chase** Double bill.
10.00 **The Celebrity Chase**
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
2.00 **The Chase Celebrity Special** Quiz special.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the comedy, including at: **8.00** 22/23. The origins of Sheldon and Leonard's friendship are revealed. **8.30** 23/23. Penny gets really drunk and seduces Leonard. (S3)
9.00 **90 Day Fiancé** New edition Catie's flirting pushes Josh over the edge, Annabelle makes a discovery about Shea's ex-wife, and Paula and Thomas struggle to make a life together.
11.00 **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Mr Bean** (S1)
9.00 **Everybody Loves Raymond** 10-13/25. (S5)
11.00 **The Upper Hand**
1.00 PM **Friends** (S8&9)
7.00 **Friends** 11/24. Rachel meets her work stand-in. **7.25** 12/24. Gavin surprises Rachel. **7.55** 13/24. Ross tries to make Rachel jealous. **8.30** 14/24. Joey and Phoebe play Cupid for Rachel and Ross. (S9)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Jack Whitehall Gets Around** Stand-up.
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **8 Out of 10 Cats**
1.40 AM **Police Squad!**
2.40 **Reno 911!** 6/16. (S5)
3.05 **Key & Peele**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 6&7/25. (S5)
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** As 7.00pm.
11.00 **Friends** (S4)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** 8-11/25. (S5)
7.00 **Michael McIntyre's Big Show** With Alan Carr.
8.00 **The Upper Hand** (S4)
9.00 **Rhod Gilbert's Growing Pains** With Judy Murray.
10.00 **Friends** 9-12/24. (S8)
12.00 M'T **Stupid Central**
1.00 AM **Michael McIntyre's Big Show** As 7.00pm.
2.00 **Lee Evans: XL Tour Live**
3.20 **Kiri Pritchard-McLean: Comedy Central Live**
3.45 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 56 42

8.00 AM **Highlights**
10.10 **Bread** 1/11. (S7)
10.50 **Steptoe and Son** (S1)
11.25 **Oh, Doctor Beeching!**
12.00 NOON **Rising Damp**
12.30 PM **Man About the...**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 5/10. Drama. (S4)
2.40 **Minder** 2/11. (S4)
3.50 **Just Good Friends** (S1)
4.25 **Man About the House**
4.55 **Bread** 1/11. (S7)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.05 **Rising Damp** 5/7. (S1)
6.40 **Steptoe and Son** (S2)
7.20 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 4/11. (S1)
9.00 **Benidorm** 7/7. (S7)
9.55 **Shameless** 14/16. (S5)
10.55 **Man About the House**
11.25 **Mind Your Language**
11.55 **Benidorm** 7/7. (S7)
12.55 AM **Minder** 10/11. (S4)
2.00 **Duty Free** 1/7. (S1)
2.25 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 3/13. (S1)
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Rich Kids Go Skint** An international law student visits a hard-working, bargain-hunting shopper.
8.00 **Judge Judy** Real-life small-claims cases.
9.00 FILM **Point Break** Action thriller starring Patrick Swayze. An undercover FBI agent infiltrates a gang of bank-robbing surfers. (1991, 15, 125min) ★★★★
11.30 **Judge Judy**
12.00 M'T **Geordie Shore**
1.00 AM **Ink Master**
2.45 **True Life Crime UK**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush** Double bill.
12.00 NOON **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.00** Making marbles and aeroplane propellers. **4.30** Making jawbreakers.
5.00 **Alaska: Homestead Rescue** The Raneys help to bring some homesteading mastery to a Vermont couple.

9.00 Expedition Files

7.00 **Last Chance Garage** Tony is surprised when his friend Joey needs help with Tony's old Camaro.

8.00 **Gold Rush: Mine Rescue with Freddy & Juan** Freddy and Juan need creative solutions to save a rookie Idaho miner.

9.00 **Expedition Files** New edition Josh Gates investigates pirate Henry Every's $400million heist.

10.00 **Mystery at Blind Frog Ranch** New edition James and Josh continue to decipher clues from the Rhodes journal map.
11.00 **The Alaska Triangle** Whether a Sasquatch colony is terrorising the residents of a remote island.
12.00 M'T **Deadliest Catch**
1.00 AM **Expedition Files**
2.00 **Mystery at Blind Frog Ranch**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **River of No Return**
10.00 **Tanked** An aquarium.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo: San Diego** Two pandas are returned to China. **4.00** Mek the tiger returns to the zoo after six years.
5.00 **Lone Star Law** A family are illegally keeping a pet deer.
6.00 **Dr Jeff: Rocky Mountain Vet** A dog is rushed to the clinic after being hit by a car.

10.00 Alaskan Bush People

7.00 **Treehouse Masters** Pete creates a treehouse cinema with loungers in the trees to give a perfect view of the screen.

8.00 **River of No Return** Father and son jetboat captains take on Deadman's Rapids.

9.00 **Alaska: The Last Frontier** Atz Senior must decide between life on a floating homestead or returning to the family homestead.

10.00 **Alaskan Bush People** The Browns face impossible odds as they seek the final pieces for their off the grid dream.
11.00 **In Search of Monsters** A new theory surrounding Scotland's Loch Ness Monster.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Richard E Grant's Seven Deadly Sins** Gluttony.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation: Surviving Disaster**
9.00 **Extreme China**
10.00 **Rocky Mountain Railroad**
11.00 **Car S.O.S** Renault Alpine GTA.
12.00 NOON **Ultimate Airport Dubai**
1.00 PM **Air Crash Investigation**
2.00 **Hitler's American Battleground** Double bill.
4.00 **Lost Treasures of Egypt**
5.00 **The Battle for Britain: Drain the Oceans** Documentary.
6.00 **Liberation: D-Day to Berlin** Exploring the end of World War Two in Western Europe.

4.00 Lost Treasures of Egypt

7.00 **Air Crash Investigation** Experts investigate why Alitalia Flight 404, which crashed into a hill on its way into Zurich in 1990.

8.00 **Air Crash Investigation** At Tenerife airport, two planes attempting to leave the runway collide at high speed.

9.00 **Air Crash Investigation** Investigating what caused John F Kennedy Jr's light aircraft to crash into the Atlantic Ocean in 1999.

10.00 **Mega Marine Machines** A crew sail a Viking ship across the North Atlantic using ancient methods and facing storms.
11.00 **Air Crash Investigation** An out-of-control turboprop breaks apart while trying to land at Düsseldorf airport.
12.00 M'T **Border Protection Spain**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **Made in a Day**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Prairie Dog Dynasty**

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Documentary series.
6.30 **Pawn Stars** Four editions.
10.10 **Junk & Disorderly**
11.05 **Storage Wars**
12.00 NOON **Combat Trains**
1.00 PM **Salvage Kings**
3.00 **Hardcore Pawn** Six editions of the series, including at: **5.00** Les offers to buy a diamond-encrusted watch. **5.30** Gold prices drop further.
6.00 **American Pickers** Mike makes a return pilgrimage to Rick's Michigan honey hole.

9.00 Witches of Salem

7.00 **Forged in Fire** Smiths battle it out to recreate the legendary Greek Kopis in the hopes of becoming the champion.

8.00 **Secrets of Great British Castles** Dan Jones explores Arundel Castle in West Sussex.

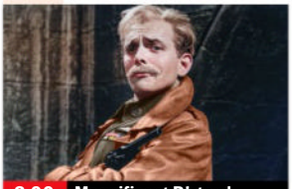
9.00 **The Witches of Salem** How the trials were suddenly halted when the Massachusetts elite were accused of witchcraft.

10.00 **Gangland Chronicles** A look at the Mongols Motorcycle Club. **10.30** Whitey Bulger's violent Winter Hill Gang.
11.00 **Lone Star Law** A new cadet almost gets run down in Texas.
12.00 M'T **MonsterQuest** People recount their stories of being hunted by cryptids.
12.55 AM **Hardcore Pawn**
3.40 **Ancient Aliens** New edition Exploring the possibility that extraterrestrials visited Earth.
4.25 **American Pickers**
5.10 **to 6.00** AM **Pawn Stars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The 2000s**
7.00 **Discovering: Ian McKellen**
8.00 **The Directors**
9.00 **Urban Secrets**
10.00 **Surviving Ohio State**
12.00 NOON **On the Line: The Richard Williams Story**
1.50 PM **My Icon: Kadeen Corbin**
2.00 **Bobby Robson: More Than a Manager** Documentary.
4.00 **The Directors**
5.00 **Discovering: Ian McKellen**
6.00 **FILM Man on Wire** Oscar-winning documentary. (2007, 12, 93min) ★★★★



8.00 Magnificent B'stard

FILM Man on Wire (film started at 6.00pm.
SEX ●●● VIOLENCE ●●● LANG ●●●

8.00 **Rik Mayall: Magnificent B'stard** A documentary tribute to the influential and much-missed comedian and actor, who died in 2014 at the age of 56. Contributors include Stephen Fry, Ben Elton, Greg Davies, Nigel Planer and Adrian Edmondson.

10.00 **Fatboy Slim: Right Here, Right Now** Documentary about the Big Beach Boutique II free event in 2002, when an estimated quarter of a million people turned up to the concert on Brighton beach.
11.50 **Val** Documentary focusing on the life of actor Val Kilmer.
2.00 AM **Ren Faire** 1-3/3. Documentary following the power struggle for control of the Texas Renaissance Festival.
5.05 **to 6.00** AM **Discovering: Ian McKellen**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Car Hunters**
1.00 PM **Mike Brewer: Born Dealer** A BMW M3.
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** An oil painting is uncovered.
8.00 **The Yorkshire Auction House** A couple of Sherlock Holmes fans sell their stuff after a flood hit their home.
9.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **The Real Death in Paradise**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Becky Watts.
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **Judge Rinder's Crime Stories** Joanna Yeates.
8.00 **Murder on CCTV**
9.00 **Hollywood Demons** New edition Friends, parents and actors reveal the realities of a '90s high school sitcom.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** The murder of 18-year-old Lily Sullivan.
8.00 **UK Crime Files: The Tenant From Hell** The case of David Ellis, who killed Alec Warburton.
9.00 **UK Crime Files: Acid Bath Murders** The case of John George Haigh.
10.00 **Fatal Fall: Murder or Accident?** A look into the case of John Chipp.
11.00 **Secrets of a Murder Detective** Documentary.
12.00 M'T **UK Crime Files: The Tenant From Hell**
1.00 AM **UK Crime Files: Acid Bath Murders**
2.00 **Fatal Fall: Murder or Accident?** As 10.00pm.
3.00 **Britain's Countryside Killers** As 7.00pm.
4.00 **to 6.00** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: Murdered For Love**
9.55 **UK Crime Files: Seaside Lady Macbeth**
11.00 **Killers: Caught on Camera** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Merseyside Wheelchair Murderer**
3.00 **UK Crime Files: The Party Killer**
4.00 **Killers: Caught on Camera** Documentary.
5.00 **Medical Detectives** A man is accused of murdering his wife. **5.30** An impression of a shoe print in the snow. **6.00** Investigating fatalities in a hospital. **6.30** Lifting a fingerprint from a pillowcase.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
1.00 PM **Murdered at First Sight** Conner Marshall.
2.00 **World's Most Evil Killers**
3.00 **Catching the Killer**
4.00 **The Real Manhunter: Murder of Clare Bernal**
5.00 **How I Caught the Killer**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers** Paul McNaughton.
8.00 **World's Most Evil Killers**
9.00 **How I Caught the Killer**
10.00 **Murder Uncut**
11.00 **Britain's Most Evil Killers**
12.00 M'T **World's Most Evil Killers** True-crime.
1.00 AM **Catching the Killer**
2.00 **The Real CSI: Miami**
3.00 **Send in the Dogs**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** Documentary.
8.35 **Conquistadors: The Rise and Fall**
9.40 **Pirates: Behind the Legends** Henry Morgan.
10.40 **Maps of Power**
11.50 **Clearing the Air: The War on Smog**
1.00 PM **America the...**
1.35 **Conquistadors: The Rise and Fall**
2.35 **Pirates: Behind the Legends** Henry Morgan.
3.35 **Maps of Power**
4.45 **Clearing the Air: The War on Smog**
5.55 **America the Bountiful**
6.25 **Conquistadors: The Rise and Fall**
7.30 **Pirates: Behind the Legends** Henry Morgan.
8.30 **Maps of Power**
9.45 **1945: The Savage Peace**
11.00 **Pirates: Behind the Legends** Henry Morgan.
12.00 M'T **Maps of Power**
1.15 **to 2.00** AM **America the Bountiful**

FRIDAY

Friday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **Europe's Amazon**
10.00 **New Kids in the Wild**
11.00 **Ireland's Wild Islands with Eoin Warner** Documentary.
12.00 NOON **Evolution Earth**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Europe's Amazon**
4.00 **New Kids in the Wild**
5.00 **Ireland's Wild Islands with Eoin Warner** Documentary.
6.00 **Evolution Earth**
7.00 **Monkey Life** Double bill.
8.00 **City Wildlife Rescue**
9.00 **Kenya Wildlife Diaries** The plight of elephants and rhinos.
10.00 **Evolution Earth**
11.00 **Ireland's Wild Islands with Eoin Warner** Documentary.
12.00 M'T **Reef Wrecks**
1.00 AM **Ol Pejeta Diaries**
2.00 **City Wildlife Rescue**
3.00 **Kenya Wildlife Diaries**
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Europe's Amazon**

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitive Hunters: Mexico**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Nightmare in Suburbia**
2.00 PM **Green Eyed Killers**
3.00 **Murder in the 21st**
6.00 **On the Case with Paula Zahn**
7.00 **The First 48** The case of a man shot dead in Oklahoma.
8.00 **Green Eyed Killers** The murder of a mother and daughter.
9.00 **K9 PD with Jim Belushi** New editions A dog tracks down a man accused of strangling his neighbour. **9.30** A dog is sent to a sprawling hotel and endless hideouts.
10.00 **Squatters** New editions
11.00 **Crime in Progress**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Los Angeles** Documentary.
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 71

9.00 AM **Simon Reeve's South America** Double bill.
11.00 **Greece with Simon Reeve**
1.00 PM **Simon Reeve's South America** Double bill.
3.00 **Greece with Simon Reeve**
5.00 **Bread** Mrs Boswell is rushed to hospital after a day out. **5.40** The Boswell family try to cope without Nellie. **6.20** Nellie, newly released from hospital, meets the family at the Victorian mansion. **7.00** Connie and Oswald join the holiday to see Billy and Aveline, and Joey's protest about the game shooting on the estate wins him an admirer. **7.40** Adrian, who has been writing his memoirs, makes a life-changing decision. **8.20** Leonora announces she is pregnant, Lilo Lil brings Nellie news of Freddie's whereabouts.
9.00 **Bread** Sitcom.
5.35 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Iconic Combat Machines**
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens**
1.00 PM **Clash of the Gods**
6.00 **Mysteries from Above**
7.00 **Alien Corridors** Investigating a suspected underground alien base in New Mexico.
8.00 **Battle 360** The events of 1944, when the USS *Enterprise* led the Carrier Task Force in a charge through the Pacific, hammering the enemy bases at Kwajalein and Truk Lagoon.
9.00 **Alien Corridors** Recent records show California has the most UFO sightings of any US state. A team of experts – both believers and critics – investigate what 'alien corridors' are and what they mean.
10.00 **Evidence of the Unexplained**
11.00 **Ancient Aliens**
1.00 AM **Alien Corridors**
2.00 **Clash of the Gods**
5.00 **to 6.00** AM **Crimes That Shook Britain**

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Incredible Animal Journeys**
11.00 **Alaska Animal Rescue**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Heartland Docs**
2.00 **New Wave Warriors**
3.00 **The Most Extreme**
4.00 **Secrets of the Zoo**
5.00 **Yukon Vet**
7.00 **Secrets of the Zoo** A manatee is released back into the wild.
8.00 **Into the Okavango** The impact of human activity of the Okavango River Basin, a source of water that supports the world's largest population of African elephants, as well as lions and cheetahs.
10.00 **Lawless Island** Mary Miller ensures the island's walking trails are safe to use.
11.00 **Ultimate Airport Dubai**
12.00 M'T **World's Deadliest**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Alaska Animal Rescue**

ID

154 140 166

8.00 AM **On the Case with Paula Zahn** Four editions.
12.00 NOON **Death by Fame**
1.00 PM **American Monster: Abuse of Power** Double bill.
3.00 **Twisted Sisters**
7.00 **Still a Mystery** The murder of billionaire couple Barry and Honey Sherman in their mansion stuns Toronto. **8.00** The disappearance of a 14-year-old boy in Aruba, while on a jet skiing outing with a man he had just met.
9.00 **The Friday the 13th Murders** On Friday the 13th, a Satan-obsessed teen stalks a Texas town. As bodies fall, survivors fight and cops race to end the nightmare before dawn.
10.00 **Spooked Scotland** The team head to Edinburgh, which is considered one of the most haunted cities in Europe.
11.00 **Portals to Hell**
1.00 AM **Kindred Spirits**
2.00 **Twisted Sisters**
4.00 **to 6.00** AM **Still a Mystery**

+1 hour 254 366

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Savage Builds**
1.00 PM **Cooper's Treasure**
3.00 **How the Universe Works**
6.00 **How It's Made**
9.00 **The Dino Hunters** Clayton and his team prepare to extract a 20,000lb carnivore fossil from the earth, Mike hunts for a duckbill skull, and Jared uncovers an ancient reptile. **10.00** Clayton must haul his 20,000-lb dinosaur fossil to a lab for analysis. The Harris-Bolan clan chase poachers off their land, and Jared makes a final bid to make money.
11.00 **Tesla's Death Ray: A Murder Declassified** After Aron's successful test of his Death Ray, Jack focuses on Tesla's potential murder. **12.00** M'T In Serbia, the team discover unseen documents drawn by Tesla himself.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Secrets Underground**

+1 hr 267 379

Discovery History

161/172 147 181

7.00 AM **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Lost Mines: Restored**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** A team of robot sleuths roaming Mars on a mission to uncover its secrets.
8.00 **Expedition Unknown** Explorer Josh Gates tries to unearth the final resting places of Nefertiti and Cleopatra.
9.00 **Unexplained and Unexplored** A fabled lost mine in the mountains of Arizona.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Bad Chad Customs**
2.00 **Ant Anstead: Born Mechanic**
3.00 **Bangla Bangers**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Street Outlaws: Locals Only**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only** From New England Dragway.
9.00 **Last Outpost** Clint and Todd attempt to turn a four-wheeler into a multipurpose tool.
10.00 **Bangla Bangers**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Street Outlaws: Locals Only** As shown at 8.00pm.
1.00 AM **Richard Hammond's Workshop** The guys head to the London Classic Car Show.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1 hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.25 AM **The Cinema List: Trapped**
6.40 **Eleanor the Great** (2025)
8.25 **PREMIERE Normal** (2025)
10.00 **Mortal Kombat II** As 9.35pm.
12.00 NOON **Bugonia** Comedy thriller. (2025, 15) ★★★★
2.00 PM **Eleanor the Great** Drama. (2025, 12, 98min) ★★★★
3.45 **Wicked: For Good** Fantasy sequel starring Cynthia Erivo. (2025, PG, 137min) ★★★
6.10 **Anaconda** Action comedy. (2025, 12, 99min) ★★★

8.00 Normal

8.00 PREMIERE Normal Action comedy starring Bob Odenkirk. A small-town law enforcer uncovers dark mysteries after a bank robbery. (2025, 15, 91min) ★★★★ *See review, pg 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 Mortal Kombat II Fantasy adventure sequel with Karl Urban, Adeline Rudolph and Martyn Ford. Several champions are pitted against one another in the ultimate battle to defeat the dark rule of Shao Kahn. (2024, 15, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 Primate Horror thriller starring Johnny Sequoyah. (2025, 18, 92min) ★★★
1.10 AM **Normal** As 8.00pm.
2.45 **Lurker** Crime drama starring Théodore Pellerin. (2025, 15, 100min) ★★★★
4.25 **to 6.00** AM **Night Patrol** Horror with Jermaine Fowler. (2025, 15, 103min) ★★★

Sky Cinema Spider-Man

303 303 403 503 517

6.00 AM **Spider-Man 3** (2007)
8.30 **The Amazing Spider-Man**
10.50 **The Amazing Spider-Man 2** Superhero adventure sequel. (2014, 12, 142min) ★★★
1.15 PM **Spider-Man: Homecoming** Adventure. (2017, 12) ★★★★
3.30 **Spider-Man: No Way Home** Superhero adventure sequel. (2021, 12, 148min) ★★★★
6.00 **Spider-Man: Into the Spider-Verse** Animation. (2018, PG, 117min) ★★★★★

8.00 Spider-Man

8.00 Spider-Man Fantasy adventure starring Tobey Maguire as a nerdy schoolboy who develops special powers after being bitten by a mutant spider and uses them to protect New York from evil forces. With Kirsten Dunst. (2002, 12, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Spider-Man 2 Fantasy adventure sequel starring Tobey Maguire. Peter Parker finds his special powers are required to combat a new criminal adversary. With Kirsten Dunst. (2004, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Spider-Man 3** Fantasy sequel starring Tobey Maguire. (2007, 12, 139min) ★★★
3.10 **The Amazing Spider-Man** Fantasy with Andrew Garfield. (2012, 12, 136min) ★★★
5.40 **to 6.00** AM **The Cinema List: Heroes**

Sky Cinema Drama

310 310 410 510 524

7.20 AM **Boy Meets Boy** Drama. (2021, 15, 75min) ★★★
8.50 **I Used to Be Funny** As 2.05am.
10.50 **Birdy** As shown at 3.55am.
1.05 PM **True Grit** Western remake. (2010, 15, 110min) ★★★★
3.10 **The Post** Fact-based drama. (2017, 12, 113min) ★★★★
5.20 **Cast Away** Survival drama with Tom Hanks and Helen Hunt. (2000, 12, 143min) ★★★★

8.00 About Time Romantic comedy fantasy from Richard Curtis, starring Domhnall Gleeson and Rachel McAdams. A young man inherits the ability to time-travel into his past. With Bill Nighy. (2013, 12, 120min) ★★★
10.10 **Grease** Musical starring John Travolta and Olivia Newton-John. An Australian teenager at a 1950s California high school falls in love with the tough-talking leader of the T-Birds gang. (1978, PG, 110min) ★★★★

12.05 AM **Grease 2** Musical sequel. (1982, PG, 109min) ★★
2.05 **I Used to Be Funny** Comedy drama starring Rachel Sennott. (2023, 15, 105min) ★★★
3.55 **to 6.00** AM **Birdy** Director Alan Parker's psychological drama. (1984, 15, 120min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.10 AM **Sick** Horror thriller. (2022, 18, 83min) ★★★
8.35 **The Damned** Horror mystery. (2024, 15, 89min) ★★★★
10.15 **The Crazies** Horror remake. (2010, 15, 101min) ★★★★
12.10 PM **Die Alone** Horror. (2024, 15, 91min) ★★★★
1.50 **Zombieland** Horror comedy starring Woody Harrelson. (2009, 15, 84min) ★★★★

3.30 Zombieland: Double Tap Horror comedy sequel. (2019, 15, 99min) ★★★
5.10 **Interstellar** Sci-fi drama with Matthew McConaughey, Anne Hathaway and Michael Caine. (2014, 12, 166min) ★★★★
8.00 **Terminator 2: Judgment Day** Sci-fi action thriller sequel starring Arnold Schwarzenegger. (1991, 15, 146min) ★★★★★
10.25 **Riddick** Sci-fi thriller sequel starring Vin Diesel and Jordi Mollà. (2013, 15, 122min) ★★★

12.35 AM **Annabelle** Horror thriller. (2014, 15, 97min) ★★
2.30 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
4.35 **The Cinema List: Trapped**
4.55 **to 6.45** AM **10 Cloverfield Lane** Thriller starring John Goodman. (2016, 12, 103min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

7.35 AM **The Witches** Fantasy. (1989, PG, 90min) ★★★★
9.10 **The Karate Kid** Adventure. (2010, PG, 140min) ★★★
11.35 **Wicked: For Good** Fantasy. (2025, PG, 137min) ★★★
2.00 PM **E.T. The Extra Terrestrial** Steven Spielberg's fantasy. (1982, U, 114min) ★★★★★
3.55 **Jumanji: The Next Level** Fantasy. (2019, 12) ★★★★
6.00 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★

6.00 A Minecraft Movie

7.45 Ghostbusters: Afterlife Supernatural comedy sequel starring Carrie Coon and Paul Rudd. A single mother and her two children discover their connection to the original Ghostbusters. (2021, 12, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Scooby-Doo Live-action comedy adventure based on the Hanna-Barbera cartoon series, starring Freddie Prinze Jr and Sarah Michelle Gellar. (2002, PG, 86min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Scooby-Doo 2: Monsters Unleashed** Comedy sequel. (2004, PG, 93min) ★★★
12.55 AM **Annie** Musical with Albert Finney and Aileen Quinn. (1982, U, 128min) ★★★
3.05 **Charlotte's Web** Screen version of EB White's book. (2006, U, 97min) ★★★
4.45 **to 6.20** AM **Yogi Bear** Comedy. (2010, U, 81min) ★★★

Sky Cinema Action

306 306 407 507 521

7.30 AM **The Cinema List: Jurassic**
7.45 **S.W.A.T.** (2003, 12) ★★★
9.45 **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★
11.55 **Bullet Train** Comedy thriller. (2022, 15, 127min) ★★★★
2.10 PM **Jurassic World: Fallen Kingdom** (2018, 12) ★★★
4.20 **The Meg** Action thriller. (2018, 12, 113min) ★★★
6.20 PREMIERE **Normal** Action comedy with Bob Odenkirk. (2025, 15, 91min) ★★★★

8.00 Bad Boys II

8.00 Bad Boys II Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union, Joe Pantoliano, Theresa Randle and Jordi Mollà. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 Demolition Man Sci-fi thriller starring Sylvester Stallone. A disgraced cop is released from cryogenic imprisonment into a pacifist future to catch an escaped criminal. (1993, 15, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Olympus Has Fallen** Action thriller. (2011, 15, 119min) ★★★
2.35 **Blood for Dust** Action thriller. (2023, 15, 98min) ★★★
4.20 **Safe House** Crime thriller. (2025, 15, 90min) ★★★
5.55 **to 7.40** AM **Jackie Chan's Armour of God** Action thriller. (1986, 15, 95min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.50 AM **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
8.45 **Anaconda** As 11.15pm.
10.30 **Pitch Perfect** Musical comedy. (2012, 12, 112min) ★★★★
12.25 PM **Roofman** Comedy drama. (2025, 15, 126min) ★★★★
2.35 **Beverly Hills Cop** Comedy thriller. (1984, 15) ★★★★
4.25 **Sex Tape** Comedy with Jason Segel. (2014, 15, 94min) ★★
6.05 **Pitch Perfect 2** Comedy sequel. (2015, 12, 112min) ★★★

9.45 The Brothers Grimsby

8.00 Beverly Hills Cop II Action comedy sequel starring Eddie Murphy as detective Axel Foley on the trail of a gang led by a six-foot blonde. With Brigitte Nielsen. (1987, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 The Brothers Grimsby Action comedy with Sacha Baron Cohen and Mark Strong. A football hooligan discovers his long-lost brother is a secret agent, and helps him on a world-saving mission. (2016, 15, 83min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Anaconda** Action comedy. (2025, 12, 99min) ★★★
1.10 AM **Eddie the Eagle** Biopic. (2016, PG, 103min) ★★★
3.00 **National Lampoon's Vacation** Comedy starring Chevy Chase. (1983, 15, 95min) ★★
4.40 **to 6.20** AM **Blades of Glory** Slapstick sports comedy. (2007, 12, 93min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Dirty Harry** Thriller. (1971, 15, 103min) ★★★★★
7.50 **The Alto Knights** Drama. (2024, 15, 123min) ★★★
10.00 **Patriot Games** As 8.00pm.
12.00 NOON **Drop** As 2.25am.
1.45 PM **Cellular** Suspense thriller. (2004, 15, 94min) ★★★
3.30 **Sherlock Holmes** Adventure. (2009, 12, 128min) ★★★★
5.45 **Sherlock Holmes: A Game of Shadows** Adventure sequel. (2011, 12, 128min) ★★★

10.00 Basic Instinct

8.00 Patriot Games Action thriller starring Harrison Ford. A retired CIA agent becomes the target of a vengeful IRA man after foiling an assassination attempt on a British politician. With Anne Archer and Sean Bean. (1992, 15, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Basic Instinct Erotic thriller starring Michael Douglas as a maverick detective who falls under the spell of a prime murder suspect. With Sharon Stone. (1992, 18, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Fatal Attraction** Thriller starring Michael Douglas, Glenn Close and Anne Archer. (1987, 15, 120min) ★★★★
2.25 **Drop** Thriller with Meghann Fahy. (2025, 15, 95min) ★★★★
4.05 **to 6.30** AM **The Day of the Jackal** Thriller with Edward Fox. (1973, 15, 142min) ★★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Anastasia** Animation. (1997, U, 94min) ★★★
12.50 PM **Arabesque** Spy thriller. (1966, 12, 105min) ★★★
3.00 **Heaven Knows, Mr Allison** Wartime romantic drama. (1957, PG, 100min) ★★★★
5.05 **The Emperor's New Clothes** Costume comedy drama. (2001, PG, 107min) ★★★
7.15 **Daddy's Home** Comedy. (2015, 12, 96min) ★★★

7.15 Daddy's Home

Daddy's Home (film started at 7.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 The Green Mile Supernatural prison drama based on a novella by Stephen King, starring Tom Hanks and Michael Clarke Duncan. A Depression-era prison guard encounters a death-row inmate who possesses a magical gift. With David Morse and Sam Rockwell. (1999, 18, 189min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 **to 3.30** AM **The Empty Man** Mystery horror starring James Badge Dale. An ex-cop trailing a missing girl comes across a secret group attempting to summon a terrifying supernatural entity. With Marin Ireland and Sasha Frolova. (2020, 18, 140min) ★★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Animation

302 302 402 502 516

6.40 AM **The Secret Life of Pets** Animation. (2016, U) ★★★
8.15 **The Secret Life of Pets 2** Animated comedy sequel. (2019, U, 86min) ★★★
9.45 **Epic Tails** Animated adventure. (2022, U, 95min) ★★★
11.25 **Shark Tale** Animated comedy. (2004, U, 90min) ★★★★
1.00 PM **Shaun the Sheep Movie** Animation. (2015, U) ★★★★
2.30 **A Shaun the Sheep Movie: Farmageddon** Animation. (2019, U, 86min) ★★★★
4.00 **DC League of Super-Pets** Animation. (2022, PG) ★★★
5.50 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
7.25 **Cloudy with a Chance of Meatballs 2** (2013, U) ★★★
9.05 **The Wild Thornberrys Movie** Animation. (2002, U) ★★★★
10.35 **Hotel Transylvania** Animation. (2012, U, 91min) ★★★★
12.10 AM **Hotel Transylvania 2** Animated comedy sequel. (2015, U, 89min) ★★★
1.45 **Hotel Transylvania 3: Summer Vacation** (2018, U) ★★
3.25 **The Ant Bully** (2006, U) ★★★★
5.00 **to 6.30** AM **The Wild Thornberrys Movie** (2002)

Sky Cinema Greats

307 307 404 504 518

8.20 AM **Mr Nice Guy** As 3.55am.
9.50 **Jackie Chan's First Strike**
11.20 **Batman Forever** Adventure. (1995, 12, 121min) ★★★
1.25 PM **Batman & Robin** Adventure. (1997, PG, 125min) ★★
3.35 **The Shawshank Redemption** Prison drama with Tim Robbins. (1994, 15, 142min) ★★★★★
6.00 **Bad Boys** Action comedy thriller. (1995, 15, 118min) ★★★
8.00 **The Naked Gun** Spoof police thriller starring Leslie Nielsen. LA's most inept detective uncovers a heroin smuggling ring and foils an assassination attempt on Queen Elizabeth. (1988, 15, 85min) ★★★★
9.30 **The Naked Gun 2½: The Smell of Fear** Spoof thriller sequel starring Leslie Nielsen. (1991, 15, 81min) ★★★
11.00 **The Naked Gun 33⅓: The Final Insult** Spoof police thriller sequel. (1994, 12, 83min) ★★★
12.25 AM **Bad Boys** As 6.00pm.
2.25 **Jackie Chan's First Strike** Thriller. (1996, 12, 83min) ★★
3.55 **Mr Nice Guy** Action comedy. (1996, 15, 88min) ★★★
5.30 **to 7.05** AM **Blazing Saddles** Mel Brooks' Western spoof. (1974, 12, 90min) ★★★★

Disney+ Cinema

305 305

6.00 AM **Cars 2** Animated comedy sequel. (2011, U, 102min) ★★★
7.50 **Pocahontas** As 4.40am.
9.15 **A Bug's Life** Animated feature. (1998, U, 94min) ★★★★★
10.50 **The Lion King** Animation. (2019, PG, 118min) ★★★
12.20 PM **Frozen** Animated musical. (2013, PG, 108min) ★★★★
2.05 **The Good Dinosaur** Animation. (2015, PG, 101min) ★★★★
3.40 **Aladdin** Animated fantasy. (1992, U, 90min) ★★★★★
5.15 **WALL-E** Animated adventure. (2008, U, 98min) ★★★★★
6.55 **Mary Poppins Returns** Musical fantasy starring Emily Blunt. (2018, U, 130min) ★★★★
9.00 **Iron Man** Comic-book action adventure with Robert Downey Jr. (2008, 12, 120min) ★★★★
11.05 **Guardians of the Galaxy Vol. 2** Fantasy adventure sequel starring Chris Pratt. (2017, 12, 136min) ★★★
1.20 AM **Ant-Man** Superhero adventure starring Paul Rudd. (2015, 12, 117min) ★★★★
3.20 **Alice in Wonderland** Cartoon version of Lewis Carroll's tale. (1951, U, 75min) ★★★★
4.40 **to 6.00** AM **Pocahontas** Animation. (1995, U) ★★★

Movies 24

312 313 419

7.00 AM **The More the Merrier** Drama. (2025, PG, 90min) ★★
9.00 **Trivia at St Nick's** Festive comedy. (2024, PG, 84min) ★★
11.00 **A Novel Noel** Festive romance. (2024, PG, 90min) ★★
1.00 PM **Designing Christmas with You** Festive romance. (2023, PG, 90min) ★★
3.00 **All I Need for Christmas** Drama. (2024, PG, 87min) ★★
5.00 **Sealed with a List** Romance. (2023, PG, 84min) ★★
7.00 **A Christmas Castle Proposal: A Royal in Paradise II** Romantic drama sequel starring Rhiannon Fish and Mitchell Bourke. (2024, U, 85min) ★★
9.00 **Christmas Under the Lights** Festive romance starring Heather Hemmens and Marco Grazzini. A woman reluctantly returns to her family home to help organise the town's winter carnival. (2024, PG, 89min) ★★
11.00 **Believe in Christmas** Romantic comedy. (2024, PG, 90min) ★★
1.00 AM **Santa Tell Me** Romantic drama. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **A Christmas Intern** Fantasy. (2023, PG, 90min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Johnny on the Spot** Crime drama. (1954, U, 72min) ★★★
7.30 **Automatic Fare Collection and You in 1969** Instructional film.
7.35 **Desert Mice** (1959, b/w, U) ★★★
9.15 **It's a Wonderful World** Musical comedy. (1956, U, 89min) ★★
11.00 **The Lucy Show** 12/22. (S5)
11.30 **Laxdale Hall** (1953, b/w, U) ★★
1.05 PM **Edgar Wallace Mystery Theatre** 3/11. (S5)
2.15 **The Adventures of Robin Hood**
2.45 **Maybe I'll Come Home in the Spring** Drama. (1971, 12) ★★★
4.20 **Song Festival: Andrews Sisters**
4.30 **The Cheaters** 10/27. (S2)
5.00 **A Family at War** 13/13. (S1)
6.00 **Hannay** 7/7. (S2)
7.00 **Z Cars** 28/42. (S3)
8.00 **Public Eye** 13/13. (S5)
9.05 **Eyewitness** Crime thriller. (1970, 15, 89min) ★★
11.00 **Supernatural** 5/8. (S1)
12.05 AM **The Manster** Sci-fi horror. (1960, b/w, 18, 73min) ★★★
1.40 **Children Shouldn't Play with Dead Things** Horror with Alan Ormsby. (1973, 15, 87min) ★★★
3.15 **The Monkey's Paw** Horror. (1948, b/w, PG, 64min) ★★★
4.30 **The Vise** 12/39. (S1)
5.00 **to 6.00** AM **Mistaken Identity** Comedy. (1942, b/w, U) ★★★

Friday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 LIVE **Women's Golf** Day two of the AIG Women's Open Championship from Royal Lytham & St Annes Golf Club, Lancashire. Karrie Webb and Karen Stupples hold the record for the best to-par score at this tournament with a score of 19-under-par.
7.00 PM LIVE **SPFL** **Dundee United v Rangers.** The Scottish Premiership match from the CalForth Construction Arena. The visitors had a disappointing season last year as they finished third after having to sack Russell Martin in October. Their hosts will be looking for a more promising season as well after finishing seventh. Kick-off **8.00pm**.
10.30 LIVE **WTA & ATP Tennis** Day five of the Washington DC Open, a hard-court tournament held at William H.G. FitzGerald Tennis Center in the USA.
2.00 AM LIVE **WTA & ATP Tennis** Coverage from the Tours, including the Washington DC Open, and ATP Los Cabos Open.
3.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Best Goals** Goals from the 2012/13 season.
8.00 **Premier League 100 Club** The best of Sergio Aguero's goals in the Premier League. **8.30** A look at the best of Teddy Sheringham's 146 goals scored with five different clubs.
9.00 **Premier League Review**
6.00 PM **Premier League Review** Highlights from the 35th round of fixtures in the 2025/26 season. **7.00** Action from the 36th round of top-flight matches. **8.00** The 37th round of games. **9.00** Action from the 38th and final round of top-flight matches.
10.00 **Gary Neville's Soccerbox** Gary Neville joins former Premier League striker Les Ferdinand. **10.30** Gary Neville is joined by Duncan Ferguson to relive the games and goals that made him.
11.00 **Premier League Years** A look back at the 2019/20 season.
1.00 AM **PL Retro** Manchester United v Arsenal from 2002.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL** The 14/15 play-off finals.
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **Championship Retro**
12.00 NOON **Best Scottish Premiership Goals 2022/23**
12.30 PM **Best Scottish Premiership Goals 2023/24**
1.00 **150 Years of the Edinburgh Derby** Hearts v Hibernian rivalry.
2.00 **John Robertson: Hammer of Hibs** Edinburgh derby goals.
2.30 **Edinburgh Derby Best Goals**
3.00 **Henrik Larsson: 20 Years On**
4.00 **SPFL Greatest Games**
5.00 **Best Scottish Premiership Goals 2025/26**
5.30 **How the Scot Prem Was Won**
7.00 LIVE **SPFL** **Dundee United v Rangers.** The Scottish Premiership match from the CalForth Construction Arena. Kick-off **8.00pm**.
10.30 **Dundee United – Champions 83**
11.00 **When Aberdeen Ruled Europe**
12.00 M'T **EFL Greatest Games**
12.45 AM **EFL Cup Retro**
3.30 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **SPFL Greatest Games**
5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred**
9.15 **The Hundred Bitesize**
10.00 **The Hundred**
1.30 PM **The Hundred Bitesize**
2.45 LIVE **The Hundred** **Manchester Super Giants v Trent Rockets.** Coverage of the women's match from Old Trafford Cricket Ground in Manchester. Start-time **3.00pm**.
6.00 LIVE **The Hundred** **Manchester Super Giants v Trent Rockets.** Coverage of the men's match staged at Old Trafford Cricket Ground, Manchester. The visitors won the meeting between the two sides last season thanks to an impressive seven-wicket victory in Nottingham. The Super Giants could only make 98-8 in their 100 balls before the Rockets chased down their target with 26 balls to spare. Start-time **6.30pm**.
9.30 **The Hundred Bitesize**
10.00 **The Hundred** Manchester Super Giants Men v Trent Rockets Men.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred**
5.15 **Best of ICC WT20**
5.45 **to 6.00** AM **The Hundred**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Hall or Nothing: Georgia's Story** Documentary.
7.00 **AIG Women's Open Official Film 2025** Tournament review.
8.00 **Women's Golf**
9.00 LIVE **Women's Golf** Day two of the AIG Women's Open Championship from Royal Lytham & St Annes Golf Club, Lancashire.
7.00 PM LIVE **PGA Tour Golf** Coverage from the second day of the Rocket Classic staged at the Detroit Golf Club in Michigan.
11.00 **Women's Golf** Women's Open.
12.00 M'T **Legends Tour Golf**
1.00 AM **Women's Golf**
2.00 **PGA Tour Golf** Highlights.
4.00 **Women's Golf** Women's Open.
5.00 **to 6.00** AM **School of Golf**

TNT Sports 1

410 413 521 408 430

6.00 AM **TNT Sports Reload**
6.30 LIVE **World Rally Championship** Special stages two to five of the Rally Finland.
11.00 **British Superbikes Rewind**
11.15 **LIV Golf** Action from Uttoxeter.
12.15 PM LIVE **World Rally Championship** Special stages six to eight of the Rally Finland.
3.45 **British Superbikes Rewind**
4.00 LIVE **World Rally Championship** Special stages nine and 10 of the Rally Finland.
6.15 **TNT Sports Reload**
6.45 **MLB Classic** Archive action.
7.00 LIVE **MLB** **Chicago Cubs v New York Yankees.** Coverage of the inter-league match staged at Wrigley Field. Start-time **7.20pm**.
10.00 LIVE **Snooker**
12.00 M'T **MLB Highlights**
1.00 AM LIVE **MLB** **Houston Astros v Texas Rangers.** The American League encounter. Start-time **1.15am**.
4.00 **MLB Highlights**
5.00 **World Rally Championship**
5.30 **to 6.00** AM **European Rally Championship Highlights**

TNT Sports 2

411 414 522 409 431

6.00 AM **Commonwealth Games**
8.30 LIVE **Commonwealth Games** Coverage from the day session on the eighth day of the Games staged in Glasgow. Events taking place today include the men's decathlon 110m hurdles and women's long jump qualifying round in the athletics, and the women's and men's welterweight 65kg semi-finals in the boxing.
6.00 PM LIVE **Commonwealth Games** Coverage from the night session on day eight in Glasgow.
10.30 **Commonwealth Games – Daily Highlights**
11.30 **Commonwealth Games – Netball** The 16th session.
12.00 M'T **Commonwealth Games – Track Cycling & Para Track Cycling** The fourth session.
1.00 AM **Commonwealth Games – Athletics & Para Athletics**
2.00 **Commonwealth Games – Daily Highlights**
3.00 **Commonwealth Games – Track Cycling & Para Track Cycling**
4.00 **Commonwealth Games – Athletics & Para Athletics**
5.00 **to 6.00** AM **Commonwealth Games – Daily Highlights**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
9.00 **NFL Highlights**
10.00 **Super League Highlights**
11.00 LIVE **NRL** **Melbourne Storm v Canterbury Bulldogs.** Coverage of the match from the 22nd round of the season at AAMI Park. Kick-off **11.00am**.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.15 **Super Bowl LX Bitesize** Seattle Seahawks v New England Patriots.
5.30 **NBA Basketball** Los Angeles Lakers v Oklahoma City Thunder.
7.30 LIVE **Super League** **Leigh Leopards v Wigan Warriors.** Coverage from the 21st round of fixtures at Progress with Unity Stadium. Kick-off **8.00pm**.
10.30 **NFL Bitesize Highlights** New England Patriots v New York Jets.
10.45 **Super League Highlights**
11.00 **NFL Highlights**
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super League Highlights**
2.00 **Super League** A replay of St Helens v Leigh Leopards in 2025.
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports News**
11.00 LIVE **NRL** **Melbourne Storm v Canterbury Bulldogs.** Coverage from the 22nd round of the season at AAMI Park. Kick-off **11.00am**.
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
5.00 LIVE **WTA & ATP Tennis** Coverage of day five of the Washington DC Open, a hard-court tournament held at William H.G. FitzGerald Tennis Center.
7.30 LIVE **Super League** **Leigh Leopards v Wigan Warriors.** Coverage of the match from the 21st round of fixtures at Progress with Unity Stadium. Kick-off **8.00pm**.
10.15 LIVE **WTA & ATP Tennis** Further coverage of the fifth day of the Washington DC Open, a hard-court tournament held at William H.G. FitzGerald Tennis Center in the USA.
2.00 AM **WTA & ATP Tennis** Action from the Italian Open finals.
4.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Tennis

408 408 508 425 445

6.00 AM LIVE **ATP Tennis** Coverage of day four of the Los Cabos Open at Cabo Sports Complex, Mexico.
8.00 **WTA & ATP Tennis**
11.00 **ATP Tennis** Croatia Open final.
12.00 NOON **WTA Tennis**
1.00 PM **ATP Tennis** Swiss Open final.
2.00 **WTA & ATP Tennis**
5.00 LIVE **WTA & ATP Tennis** Day five of the Washington DC Open, a hard-court tournament held at William H.G. FitzGerald Tennis Center in the USA.
2.00 AM LIVE **WTA & ATP Tennis** Coverage from the latest events on the Tours, including the WTA and ATP Washington DC Open, and the ATP Los Cabos Open.
3.30 **to 6.00** AM LIVE **ATP Tennis** Day five of the Los Cabos Open, a hard-court tournament held at Cabo Sports Complex in Mexico.

TNT Sports 3

413 415 523 410 432

6.00 AM **UEFA Champions League**
7.30 **Fishing: On the Bank**
8.30 **SailGP – Racing on the Edge**
9.00 **Discovery Golf**
9.30 **AFL** Magpies v Cats.
11.00 LIVE **AFL** **Fremantle Dockers v Western Bulldogs.** Coverage from Optus Stadium. Bounce-up **11.10am**.
2.00 PM **UCI Mountain Bike World Series Review** From Switzerland.
2.30 **The Gruppetto** Cycling news.
2.45 LIVE **Men's Cycling Pro Series** The Tour of Denmark stage three.
4.45 **Tour de France** Event review.
6.15 LIVE **Commonwealth Games – Athletics & Para Athletics** The 10th session in Glasgow.
10.00 **Men's Cycling Pro Series**
11.00 **Tour de France Men Highlights**
12.00 M'T **Test Cricket Highlights**
2.00 AM **World Rally Championship**
2.30 **AFL** Dockers v Bulldogs.
4.00 **to 6.00** AM LIVE **AFL** **St Kilda Saints v Sydney Swans.**

TNT Sports 4

414 416 524 411 434

6.00 AM **Roll the Tape**
7.00 LIVE **Snooker** Coverage of the latest tournament.
10.00 **TNT Sports Reload**
10.15 **The Gruppetto** Cycling news.
10.30 **Men's Cycling Pro Series**
12.30 PM LIVE **Snooker** Coverage of the latest tournament.
3.30 **MLB Highlights**
4.30 **Test Cricket Highlights**
6.30 **A-Z: Commonwealth Games**
6.45 LIVE **Commonwealth Games – Boxing** Coverage from the 15th session on the eighth day of the Games held at SEC Centre.
9.30 **AFL** A chance to see Fremantle Dockers v Western Bulldogs.
11.00 **World Rally Championship**
11.30 **European Rally Championship Highlights** The Rally Poland.
12.00 M'T **UFC** Ankalaev v Rountree Jr.
3.00 AM **Men's Cycling Pro Series**
4.00 **Tour de France Men Highlights**
5.00 **to 6.00** AM **Rolex SailGP Championship**

Premier Sports 1

419 APP 528

6.00 AM **KOTV Weekly**
6.30 **World of FreeSports**
7.00 **Indikart Championship**
8.00 **DTM Motorsport Highlights**
9.00 **Ultimate Karting Championship**
10.00 **Mass Participation**
11.00 **NASCAR Highlights**
12.00 NOON **KOTV Weekly**
12.30 PM **Sporting Greats**
1.00 **DTM Motorsport Highlights**
2.00 **Swedish Speedway**
4.00 **World of FreeSports**
4.30 **NASCAR Highlights**
5.30 **Indikart Championship**
6.30 **Sporting Greats**
7.00 **German Cup** Action from Bayer Leverkusen v Bayern Munich. **9.00** Action from Bayern Munich v VfB Stuttgart in this year's final.
11.00 **LaLiga** Another chance to see Real Madrid v Atletico Madrid.
1.00 AM **Indikart Championship**
2.00 **DTM Motorsport Highlights**
3.00 **NASCAR Highlights**
4.00 **to 6.00** AM **Swedish Speedway**

Premier Sports 2

420 APP 529

6.00 AM **Argentine Primera** A replay of Rosario Central v Racing.
8.00 **LaLiga** Barcelona v Real Madrid.
10.00 **Football** Another chance to see Leeds United v Sunderland.
12.00 NOON **Football's Greatest**
12.30 PM **Brasileiro Serie A** Corinthians v Atletico Paranaens.
2.30 **Premier Sports Cup** Another chance to see Celtic v Rangers. **5.00** St. Mirren v Celtic in the final.
7.00 **United Rugby Championship** Leinster v Bulls in the final.
9.00 **Champions Cup Show** A look back at this year's final.
9.30 **Nations Championship** A replay of South Africa v Barbarians.
11.30 **Top 14 Rugby Union Highlights** A look at the 2025/26 season.
12.30 AM **Football's Greatest**
1.00 **Brasileiro Serie A** A chance to see Internacional v Flamengo.
3.00 **Brasileiro Serie A**
5.00 **Bike World** Highlights.
5.30 **to 6.00** AM **GP Insights**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **Women's Golf** Women's Open.
8.00 **NBA Basketball**
10.00 **Formula 1** Hungarian Grand Prix.
11.00 **NBA Basketball**
1.15 PM **ATP Tennis** Estoril Open final.
2.15 **PL Greatest Games**
3.00 **Super League**
5.45 **State of Origin Rugby League**
6.00 **NBC's Pro-Football Talk**
8.00 **Formula 1** Hungarian Grand Prix.
9.00 **State of Origin Rugby League**
12.00 M'T **One Championship Weekly**
12.30 AM **EFL Greatest Games**
1.00 **Formula 1** Hungarian Grand Prix.
2.00 **EFL Greatest Games**
2.30 **Darts Top 5 Moments**
2.35 LIVE **NRLW** **Cronulla-Sutherland Sharks v Wests Tigers.** Coverage from Geohex Park. Kick-off **2.35am**.
4.25 **to 6.00** AM LIVE **NRLW** **St George Illawarra Dragons v Sydney Roosters.** Coverage from Geohex Park. Kick-off **4.25am**.

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
10.00 **Formula 3** Hungarian Grand Prix.
12.00 NOON **Formula 2** From Hungary.
2.20 PM **Cycling with Valterri Bottas**
2.30 **Formula 1** Hungarian Grand Prix.
4.45 **Ted's Notebook**
5.15 **Ollie Bearman Drives Ayrton Senna's Lotus**
5.30 **Ted's Notebook**
6.00 **Formula 1** Hungarian Grand Prix.
8.15 **Ted's Notebook**
8.45 **The Cornwall Air Ambulance**
9.00 **GT World Challenge Europe**
10.50 **F1 Academy Test at Silverstone**
11.00 **GT World Challenge Europe**
12.50 AM **Lewis Hamilton IV**
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

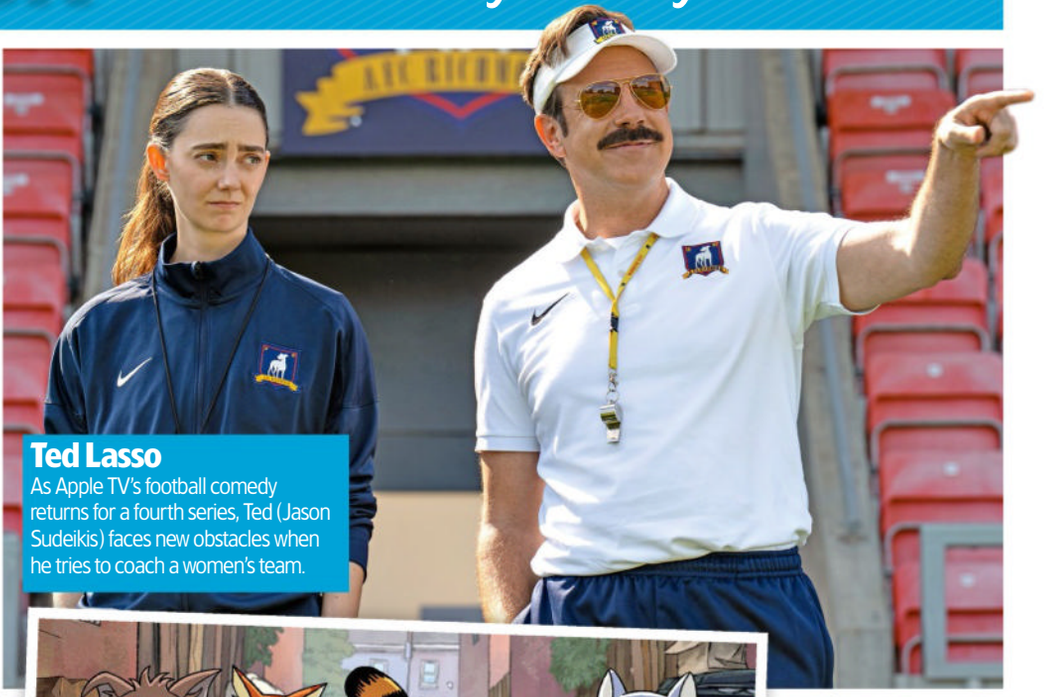
Next week *On sale Tuesday 28 July*

Possession

Sky Atlantic's supernatural thriller centres on a lawyer (Gugu Mbatha-Raw) who is haunted by secrets from the past as she investigates an inheritance claim in Jamaica.

Van Der Valk

The Dutch cop (Marc Warren) is back on ITV1 for a new run, as he investigates the deaths of a whistle-blower, an environmental campaigner and a scientist.



Ted Lasso

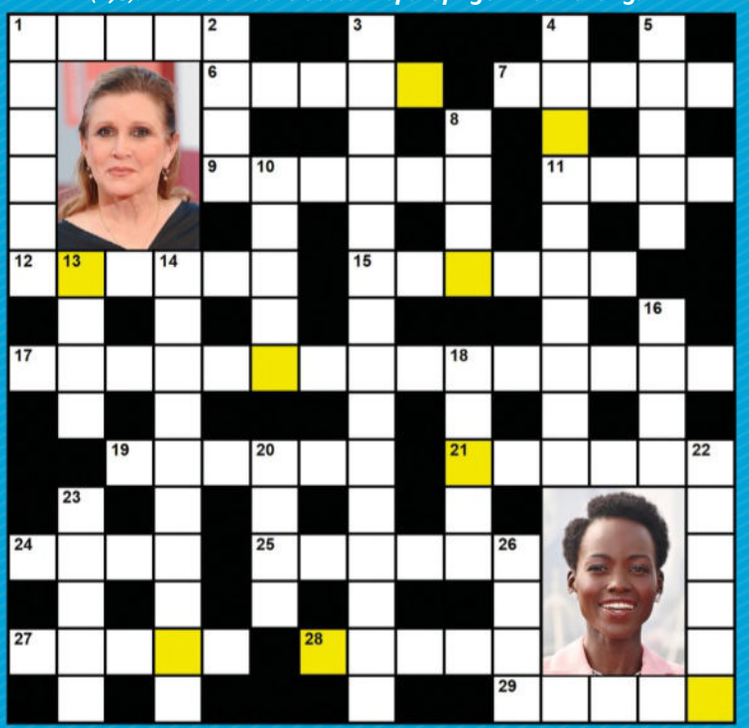
As Apple TV's football comedy returns for a fourth series, Ted (Jason Sudeikis) faces new obstacles when he tries to coach a women's team.

Alley Cats

Ricky Gervais' adult animation on Netflix follows a group of feral moggies, and Kerry Godliman, Diane Morgan and Natalie Cassidy are among those lending their voices.

Crossword

Solve the clues in our just-for-fun crossword puzzle and rearrange the letters in the shaded squares to spell out the name of a Welsh actor (4,5). Answers at the bottom of the page – no cheating!



ACROSS

1 Old Richard Wilson sitcom, *One Foot in the* ----- (5)
6 Actor in *The Musketeers* and *Miranda*, Bo ----- (5)
7 Housekeeper in sitcom *Father Ted*, Mrs ----- (5)
9 See picture clue: Late Star Wars actor, ------ Fisher (6)
11 Actor in 2021 movie *The French Dispatch*, Benicio del ---- (4)
12 2015 Giorgio Moroder song featuring Sia (4,2)
15 Late presenter of out-takes show *It'll Be Alright on the Night*, Denis ------ (6)
17 Classic Bob Marley track that was covered by Eric Clapton in 1974 (1,4,3,7)
19 British rapper born Dylan Mills, Dizzee ------ (6)
21 ------ *Funk*, 2014 hit Mark Ronson song with Bruno Mars (6)
24 Linda ----, starred as Sue Ellen Ewing in *Dallas* (4)
25 Joan ------, late US actor and comedian (6)
27 Claire -----, played Jacqui Fischer in Series 4 of ITV1 crime drama *The Bay* (5)
28 Supermodel, ----- Klum (5)
29 Played Brother Dominic in BBC1 sitcom *Oh Brother!*, Derek ----- (5)

DOWN

1 Star of 2016 film *London Has Fallen*, ------ Butler (6)
2 Hit ITV series, *Alan Carr's* ---- *Gameshow* (4)
3 Best Actor Oscar-winner for 1948 film *Hamlet* (8,7)
4 ---------- Caballé, Spanish soprano who duetted with Queen frontman Freddie Mercury on 1987 hit *Barcelona* (10)
5 Jenna Coleman's *Doctor Who* role, ----- Oswald (5)
8 R.E.M. single released in 1991, ---- *Wild Heaven* (4)
10 ----- *Material*, 2020 series starring Hayley Squires (5)
13 British singer, Fleur ---- (4)
14 ---------- *Now*, 1979 war film with Marlon Brando (10)
16 Tom Cruise legal drama from 1993, - --- *Good Men* (1,3)
18 *Strictly Come Dancing* pro dancer, Karen ----- (5)
20 American singer of hit 1983 single *Flashdance... What a Feeling*, Irene ---- (4)
22 See picture clue: 2013's *12 Years a Slave* Academy Award-winner, Lupita -----'- (5'1)
23 Former presenter of *Blue Peter*, Simon ----- (5)
26 Michael J Fox sitcom, ---- *City* (4)

CROSSWORD SOLUTION

ANSWER: Ruth Jones **ACROSS:** 1 Grave 6 Porej 7 Doyle 9 Carrie 11 Toro 12 Deja Vu 15 Norden 17 I Shot the Sheriff 19 Rascal 21 Uptown 24 Gray 25 Rivers 27 Goose 28 Heidi 29 Nimmo
DOWN: 1 Gerard 2 Epic 3 Laurence Olivier 4 Montserrat 5 Clara 8 Near 10 Adult 13 East 14 Apocalypse 16 A Few 18 Hauer 20 Cara 22 Nyong'o 23 Groom 26 Spin

WORDS: CAREN CLARK. PHOTOS: GETTY, APPLE TV, NETFLIX, SKY, ITV

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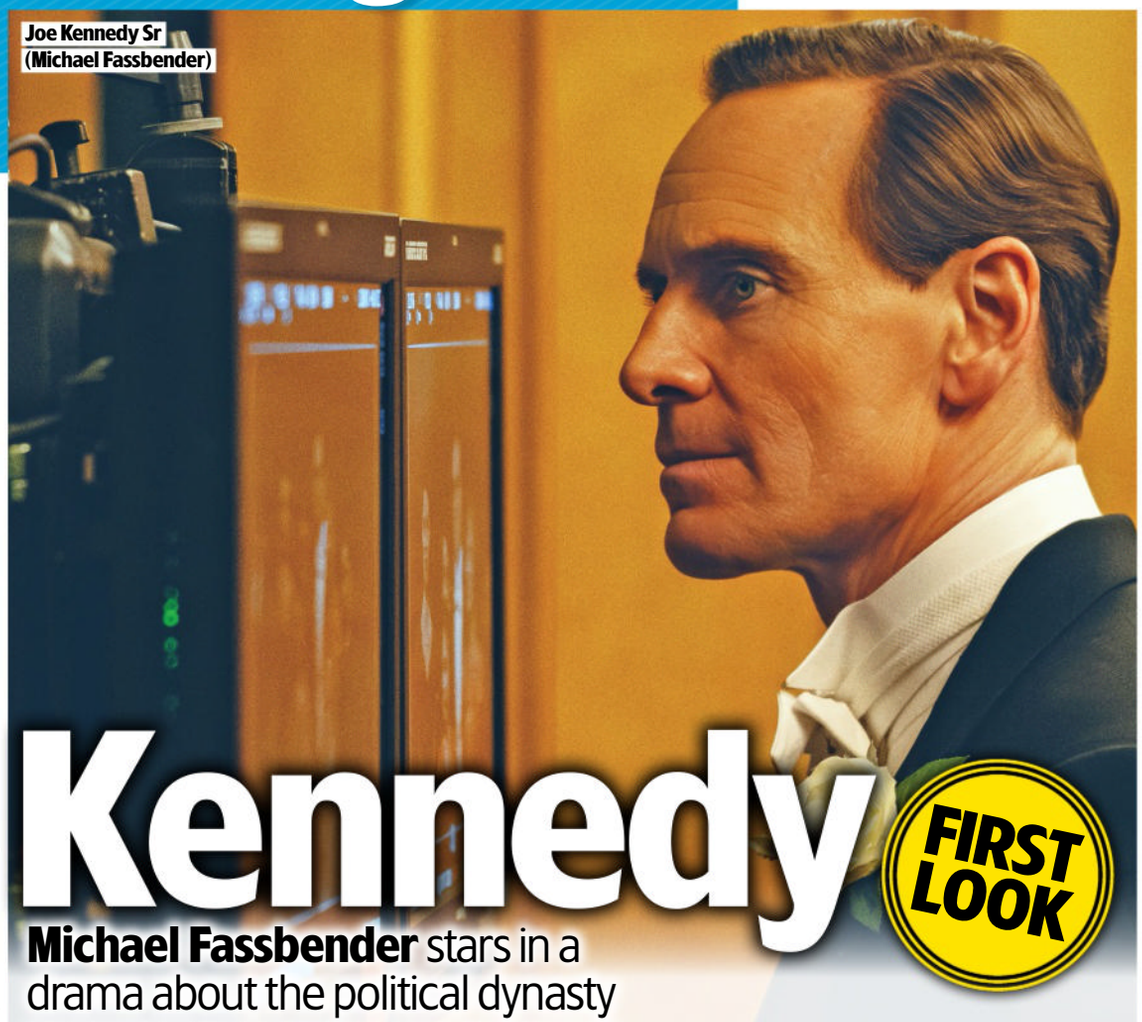


Kennedy

FIRST LOOK

Michael Fassbender stars in a drama about the political dynasty

The turbulent lives of one of America's most famous clans will be explored in Netflix's forthcoming drama *Kennedy*.

In the eight-part series, set in the 1930s and inspired by Fredrik Logevall's book *JFK: Coming of Age in the American Century, 1917-1956*, Michael Fassbender portrays ambitious Joe Kennedy Sr, the US Ambassador to the UK, alongside Laura Donnelly as his wife Rose, the mother of their nine children.

But as the Kennedys cut a dash through global politics, second son Jack (Joshuah Melnick) – the future US President John F Kennedy – struggles to compete with his revered older brother Joe Jr (Nick Robinson).

HISTORICAL FIGURES

Ben Miles plays Joe Sr's secretary Eddie Moore, Imogen Poots is Hollywood star Gloria Swanson, Wyatt Russell is aviator Charles Lindbergh, and Eddie Marsan is FBI Director J Edgar Hoover.

'The story of the Kennedys is the closest we have to American mythology, sitting somewhere between Shakespeare and *The Bold and the Beautiful*,' says showrunner Sam Shaw.

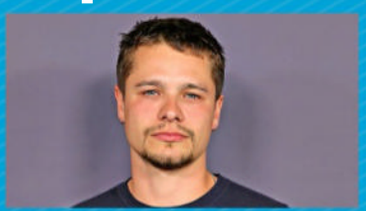
'Fredrik Logevall's biography pulls a veil on the human strivings and burdens behind the myth, revealing as much about our present moment, how we got here and where we're going, as about the Kennedys.

'I'm thrilled to explore this saga of a family and a world in transition at a moment when our past feels urgently present.'

Video-game adaptations to look forward to

God of War

In Prime Video's take on the ancient mythology game, god Kratos (Ryan Hurst) embarks on an emotional adventure.



Assassin's Creed

Netflix's live-action version of the time-hopping franchise, featuring Toby Wallace, is set during the Roman Empire.

Tomb Raider

Sophie Turner plays intrepid archaeologist Lara Croft in Prime Video's high-octane drama, penned by Phoebe Waller-Bridge.

WHAT'S NEXT FOR...

Sian Brooke

The actor is joining ITV1's factual drama **Mavis Eccleston** as Joy, the daughter of pensioner Mavis (Dame Penelope Wilton), who survives a suicide pact with her husband but is then accused of murder.

Toby Regbo

In U&Drama's six-part series **The Cadburys**, the actor will play Richard Cadbury, who, with brother George (Harry Gilby), turns around the fortunes of the family's cocoa company in 1860s Birmingham.

Coming Back

A second run of BBC1 and CBBC's family drama **Crookhaven** will see Dougray Scott reprise his role as Caspian Lockett, the headmaster at the school for young criminals, but a betrayal causes shock waves.

Mischievous tabby Mog returns this Christmas in C4's animation **Mog's Bad Thing**, in which Mr and Mrs Thomas (Benedict Cumberbatch and Claire Foy) and their children host a cat show. John Thomson and Katherine Parkinson co-star.

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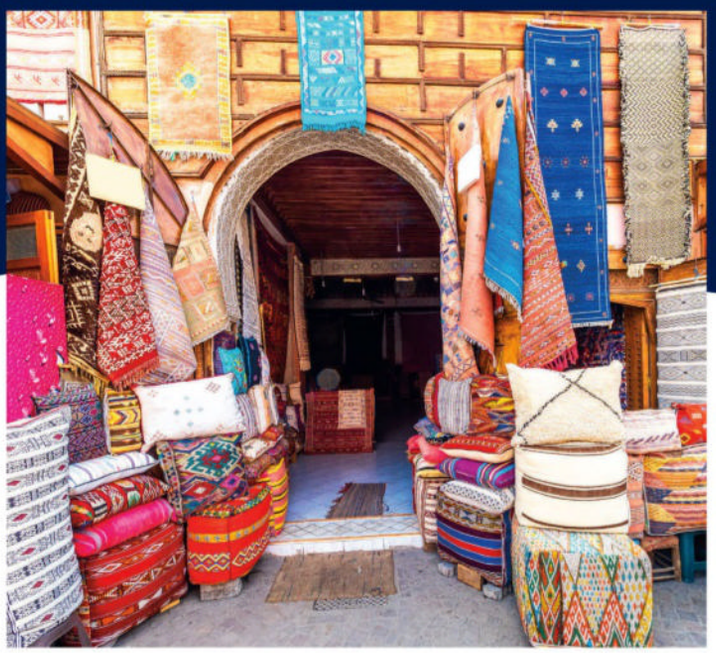

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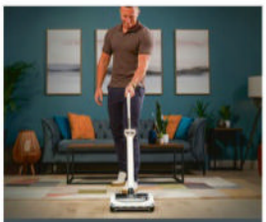

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9001

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